When La Roche closed its campus due to the COVID-19 pandemic, the community faced major changes.

Full classrooms energized by student discussion have transitioned to Canvas modules and Zoom conferences. Vibrant study groups in the library have resorted to group chats or video calls. Professors have replaced office hours with email replies.

La Roche even had to postpone major events, like graduation.

The La Roche University campus is mostly empty for the second half of the spring semester, as widespread closures force students, faculty, and staff to work remotely.

But students, faculty, and staff are finding ways to adapt to online platforms.

Dr. Joshua Bellin, an English professor, said it takes plenty of work to launch an online class. “There’s a lot of planning that goes into teaching an effective online class,” he said. “There are videos to record, schedules to prepare, PowerPoints to design, discussion boards to post, and so on.”

Considering the circumstances that abruptly ripped students from their classrooms, professors also had to accommodate students who weren’t prepared for online learning from home.

English Department Chair Dr. Janine Bayer said the first thing she posted in her online class was a discussion board where students could explain the challenges they were facing working from home—like accessing technology, living with family, or working essential jobs.

“I had to modify some assignments and projects. And I reduced the workload and relaxed the deadlines in every class because I knew the transition would be much more difficult for some students than others,” Bayer explained. “I did not wish to further disadvantage students who were already facing enormous challenges.”

Though many professors already had Canvas platforms for their courses, moving to an entirely online structure could be difficult.
Congratulations, La Roche University Class of 2020!

The Courier celebrates our graduating editors, Danielle DiNatale and Jordan Smith. Thank you for sharing your time and talent with the La Roche community! We wish you all the best!

Danielle DiNatale  
Associate Editor & Social Media Coordinator

To the La Roche Courier,

Saying goodbye is always hard, but even harder now that we aren't together. None of us knew that we'd be finishing out the year from our houses instead of on campus. Even though we aren't closing out this year's journey the way we wanted, it doesn't take away the good times that we've had.

The last four years have been an incredible journey, and especially with our newspaper. Some of my best memories of my time at La Roche are the ones spent arm-in-arm in the Courier Office, crowded around the computer. We have put out some amazing issues, and I'm proud of everything that we were able to accomplish together.

I struggle to think of a group that is more resilient than we are. We've worked around every obstacle, conquered every challenge that came our way, and still produced our best work. Nothing can stop us, not even a pandemic! We've made a difference in the La Roche community with every story that we've written, no matter how small. I believe that is something worth celebrating. Thank you for all of the laughter, the hard work, and positive energy that came with being a part of this paper.

Thank you Ed Stankowski for always helping me, talking with me about what stories to write, giving advice, complementing my work and always talking to me in the faculty offices about anything. I would also like to thank Julia Felton for editing my work and giving me great stories to work on. Also, thank you to the dozens of editors I worked with over the past three years making this paper fun to work on. Writing for the Courier was one of the best decisions I made in college. It has only made me want to be a journalist even more as I enter my career. Thank you to everyone that read my work. I will really miss writing for the Courier and the La Roche community!

Good luck, everyone!

Jordan Smith  
Sports Editor

This is my last issue writing for the Courier. Since my sophomore year, these past three years as the Sports Editor have been more than I expected. I know writing in this newsletter isn’t the same as writing for the Wall Street Journal or NY Times, but I still felt like I had a voice and I appreciate the school giving me that. I was humbled to work with great people who care about writing interesting stories and making people aware of certain topics. I would like to thank Ed Stankowski for always helping me, talking with me about what stories to write, giving advice, complementing my work, and always talking to me in the faculty offices about anything. I would also like to thank Julia Felton for editing my work and giving me great stories to work on. Also, thank you to the dozens of editors I worked with over the past three years making this paper fun to work on. Writing for the Courier was one of the best decisions I made in college. It has only made me want to be a journalist even more as I enter my career. Thank you to everyone that read my work. I will really miss writing for the Courier and the La Roche community!

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Good luck, everyone!

Jordan Smith  
Sports Editor
LRU president talks with students at Open Forum

By Julia Felton
Editor-in-Chief
Kathleen Kenna
Contributing Writer

From bookstore prices to Bold Hall temperatures, from class schedules to computer spaces, from dining hall options to diversity efforts, the Open Forum covered an array of issues important to La Roche students.

The Student Government Association (SGA) hosted La Roche President Sister Candace Intocasoo for the event in February.

“This is a great opportunity to exchange ideas, hear your concerns,” Intocasoo said. “There are lots of very positive things going on, but I know there are also some things we could do better.”

Academics

SGA Academic Vice President Riley Polacek expressed concerns that classes aren’t offered often enough, leading to classes conflicting in students’ schedules.

Sister Candace said, “They have found that when courses are offered too frequently, they’re cancelled because of low enrollment.

There’s a balance that has to happen. While they might not look familiar to you, the same passion, effort and dedication that goes into every issue also went into this one. We might not look the same, but we’re still the folks we always were. Perhaps you will find a metaphor in this.

On a personal note, I could not be more proud of the Courier staff and their desire to produce quality work under difficult circumstances. People often have criticized this generation for what they perceive to be its shortcomings. But some of us already knew that our kids would rise to whatever challenges they face. Risen they have, and our kids have not proven us wrong.

Finally, this is the last issue for graduating seniors and longtime Courier leaders Danielle DiNatale and Jordan Smith. Danielle and Jordan, you will be missed; you will be remembered.

Providence Food Pantry provides help, hope for students in need

By Julia Felton
Editor-in-Chief

Though the La Roche campus is closed, the Providence Food Pantry is still serving students in need.

Sister Janet Folkl, who runs the Providence Food Pantry with Sister Elena Almendarez, said students are using this resource more than usual during the pandemic.

“There have been 54 students who have used the Providence Food Pantry multiple times since our campus closed. That is definitely a rise in usage,” Folkl said.

“Several students have lost jobs in these last weeks and having the food pantry to come to makes all the difference for them.”

The food pantry, which is located in Bold Hall 216, is open Mondays and Thursdays from 6-7 p.m. If students need food, but cannot come during those times, Folkl said they should contact her or Almendarez to schedule another time.

If you need food from the Providence Food Pantry or would like to make a donation, contact Sister Janet Folkl at Janet.Folkl@laroche.edu or Sister Elena Almendarez at Elena.Almendarez@laroche.edu.

Folkl said she—and the students using the pantry—are deeply grateful to anyone who is able to support the food pantry.

“In giving to the Providence Food Pantry, you become an extension of God’s loving care and compassion to our students,” she said.
Students

SGA president bids LRU farewell

By Julia Felton
Editor-in-Chief

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tudent Government Association (SGA) President Allison Bosworth said La Roche has given her opportunities to learn, lead, and give back. Reflecting on her four years at La Roche, Bosworth said, “It’s amazing to see how much you grow. Just improving on myself and how I work with people—La Roche taught me that.” Bosworth said SGA was one of the biggest highlights of her college career. As a sophomore, the graphic design major became SGA’s director of design and technology. By her junior year, she was the vice president. This year, she served as president.

“Last year taught me so much about the power of SGA and how much we as a group can accomplish by working together and reaching out. We are the liaisons between the students and administration,” she said.

Acting as a liaison between students and administration, Bosworth said she’s taken several student concerns to administration and staff. “At one point, we brought up all these issues we were seeing on campus. We compiled those little minor issues we saw and I met with facilities, residence life, and student life and we discussed those problems,” she said, adding that those conversations led to improvements like lights by the grill behind Bold Hall.

“Going into this year, I wanted to get a head start,” she said. “We wanted to make sure the board was trained well and improving what we already did. I really took time to try to train them in a more impactful way. We tried to do things differently this year. I think it was really helpful to break the routine.”

To improve the way SGA ran, Bosworth implemented Robert’s Rules to govern the meetings and invited SGA board members to student government conferences.

Bosworth said she was proud of what she was able to accomplish with SGA this year.

She said one of her favorite events this year was the Open Forum, which SGA hosted with La Roche University President Sister Candace Introcaso. “The Open Forum was really good and just inviting Sister Candace to more meetings was good for working on that relationship—creating that relationship,” she said.

President, SGA share updates

By Julia Felton
Editor-in-Chief

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a Roche Student Government Association (SGA) and Sister Candace Introcaso, president of La Roche, shared their updates through a video conference during the lockdown.

SGA President Allison Bosworth hosted weekly meetings over Zoom to allow SGA to continue operating during the lockdown.

Sister Candace attended their last meeting to share news with the SGA board.

Sister Candace said La Roche will be able to provide more help to students in need soon. According to Sister Candace, the Coronavirus Aid, Relief, and Economic Security (CARES) Act will provide La Roche with $1.2 million, half of which will offer direct financial relief to students.

Sister Candace said: “Help is on the way. There’s money coming to La Roche that is intended for all of you. We are working on a process where all the La Roche students who are eligible will be able to fill out a very simple rest.

See SGA, Page 20

Student body reacts to SGA

By Kathleen Kenna
Contributing Writer

Do La Roche students make enough of an effort to have their voices heard, and does the Student Government Association (SGA) make enough of an effort to incorporate them?

Forty La Roche students completed a survey in March. This survey asked students about how they feel their opinions are represented, especially by SGA, how well-informed they feel about being able to voice their opinions, and what they feel could be done better. The students surveyed are all of different age, graduation year, and major.

Sixty-two percent of students said that SGA represents their wants and needs as students. However, only of all students surveyed, one had ever attended an SGA meeting before.

In fact, seventy percent of the surveyed students weren’t sure of when the last SGA meeting was, and ten percent said it was on Feb. 24 which was the night of the Open Forum. One student said it might see SGA Survey, Page 23
Pennsylvania voting revamped in time for 2020 primaries

BY JULIA FELTON
EDITOR-IN-CHIEF

Voting in Pennsylvania will look a little different this year. COVID-19 has delayed Pennsylvania’s primary elections until June 2. But PA voters will also see permanent changes to the voting system this year. In October 2019, Governor Tom Wolf signed Act 77, a massive voter reform bill. It’s designed to make voting easier and more secure.

In the past, absentee ballots were reserved for voters who could not vote in their polling places because of a pre-approved reason—including disabilities or attending college outside of the municipality.

Beginning this year, there’s a new option for people who prefer to vote from home. Mail-in ballots will be available to any registered voter. Voters can apply for this type of ballot without providing a reason for not attending their polling place.

Registered voters can apply for mail-in ballots online with a valid Pennsylvania driver’s license. When you apply, you can opt to be placed on a permanent mail-in voter list, which will allow you to vote through mail-in ballots for the next year without re-applying for mail-in ballots.

To vote via mail-in ballot, you must apply by May 26. Voters must submit mail-in ballots by 8 p.m. on election day. Voters can mail it in or take it to the county board of election’s office.

Pennsylvanians who are not yet registered to vote must apply by May 18 to be eligible to vote in the June primary.

In addition to modifications making it easier to vote remotely, there are a few other changes impacting voting this year.

Voting machines will no longer offer a shortcut straight-party option where voters can select all candidates of one party with one click. Voters can still vote for candidates of only one party, but they will have to select candidates individually.

The state has also dedicated $90 million for the cost of new voting systems throughout Pennsylvania.

To register to vote or to register for a mail-in ballot in Pennsylvania, visit www.pavoterservices.pa.gov.
LAF lifts students’ spirits with online bingo games

BY JULIA FELTON
EDITOR-IN-CHIEF

A Roche Activities Forum (LAF) isn’t letting the lockdown stop them from sharing laughter and games with students. Natasha Florence, LAF’s president, is hosting bingo over Zoom every Friday night at 8:00.

After finding herself doing nothing but schoolwork during quarantine, Florence said she wanted to give students a fun way to connect. “I wanted to give students an outlet that was not doing schoolwork or watching the news 24/7,” she said. “Just a neutral place to get away for an hour and to see some of their fellow students.”

Florence said she wanted to offer something that students could enjoy together remotely. “I know bingo is really popular on campus and it is also one of the easiest, more universal games. I wanted to pick something that everyone could participate in,” she said.

Junior Alyssa Smith said these weekly bingo nights have helped her handle quarantine. “Being able to play bingo makes this time a little less stressful,” she said. “It allows us to have a little bit of normalcy that we otherwise wouldn’t have. I think La Roche doing bingo is just one way they are showing support for their students.”

To participate, students can email Florence to ask for an invitation to the Zoom call. Florence will send students instructions for how to create their own bingo cards. Florence opens the Zoom meeting at 7:30 p.m., encouraging students to socialize over video call before the game starts. Using an online bingo caller, Florence facilitates an hour of bingo games for students who are miles apart.

Florence said the last bingo game of the semester will be on May 1.

According to Florence, LAF is also having weekly online meetings and plans to host virtual elections for next year’s leaders.

“We hope that LAF can try to do something this summer if possible,” Florence added.

“I wanted to give students an outlet that was not doing schoolwork or watching the news 24/7. Just a neutral place to get away for an hour and see some of their fellow students.”

-Natasha Florence

Director of Diversity and Inclusion says goodbye to LRU

BY SARAH HEFFERIN
ENTERTAINMENT EDITOR

After five years, La Roche University is saying a heartfelt goodbye to Candace Okello, director of diversity and inclusion.

I went to interview Candace on a Thursday, right before we all departed for Spring Break. Her office was stuffed with boxes, her bulletin board was empty. A few trinkets remained unpacked; they were mere remnants of her time here.

For her, her work is her passion. Since 2014, Okello has been an advocate for diversity, bringing many clubs and organizations to La Roche. She helped found the very office which she now leaves, along with Black Student Achievement, and the MLK Lounge in Bold Hall.

Okello answered questions regarding her time at La Roche, as well as the legacy she hopes to leave. She said that leaving is hard, but she hopes that whoever takes on her position will be even more passionate.

“Doing what I love—thinking about how, when we talk about diversity, we talk about it and who we are talking about. Who’s being included and who isn’t, and how do we bring them from the margins to the center?”

So my work has expanded outside of just programs to institutional work. It went from being the assistant director of multicultural affairs to being the director of diversity and inclusion. And then establishing this office, and programming but thinking about retention—thinking about how we’re impacting as a result, and that’s ultimately what we want to see. We want to see our students feeling welcomed and affirmed and valued because that is what makes or breaks their college experience.

If they don’t feel seen, or they don’t feel heard, that’s a problem.

“What inspired you to get into this sort of work?”

“To see the students grow, to watch them from when they first come into the office to then walk at graduation, that does something to me.”

-Candace Okello
Survey Says

Student survey shows stress levels

By Erin Russell
Contributing Writer

A day in the life of a student obviously includes going to classes, completing homework, and setting time aside for studying. However, some students also have other obligations such as work, athletic responsibilities, volunteer work, club responsibilities, etc. Some students may even have a family to look after.

Given the plethora of responsibilities that a student may be juggling during the academic year, it’s no wonder they could be experiencing stress.

The La Roche Courier conducted a survey to determine how many students experience stress during the academic year.

Meet The Participants

One-hundred La Roche students participated in the stress survey. Of the 100 participants, 60 were women and 40 were men. The participants included 17 freshman, 24 sophomores, 23 juniors, 34 seniors, and two graduate students. The majors of the 100 participants ranged from accounting to psychology. Of the 100 participants:

- 70 students indicated they were Caucasian
- 22 students indicated they were African American
- Four students indicated they were Hispanic
- Four students indicated they were a mix of ethnicities

Stress Levels Among Students

The survey defined stress as a physical, mental, or emotional factor that makes one feel worried or uncomfortable. These worries can affect an individual’s mental health.

Which academic task provokes the most stress for students? The results of the survey show taking an exam and writing a research paper were the two academic responsibilities that students find the most stressful.

Thirty-four percent of the participants said they often feel stressed during the academic year, and 28 percent of respondents said they regularly feel stressed during the academic year.

The survey asked participants to rate their current stress level on a scale of 1-5, with 1 being not stressed, and 5 being extremely stressed. The majority of respondents, 33 percent, indicated that they were currently feeling (3) a little stressed during the time they were filling out the survey. Other responses to the question were:

- Nine students said they were not stressed at the time
- 16 students said they were sort-of stressed at the time
- 25 students said they were stressed at the time
- 17 students said they were extremely stressed at the time

In comparison, students reported a significant increase in their stress levels during midterm and final exams. Eight students reported feeling sort-of stressed during midterm/final exams. Thirteen students said they are a little stressed during midterm/final exams. Forty-one students said they were stressed during midterm/final exams. Thirty-six students reported feeling extremely stressed during midterm/final exams.

The survey study took place in the University’s Campus Center, a commonly perceived relaxed part of campus. The bar-graph below shows the difference between student’s stress levels at the time of the study versus a student’s expected stress level during the week of midterm/final exams.

![Stress Level Graph]

© Erin Russell

La Roche’s reading habits

By Madeleine Riccardi
Contributing Writer

Alice loved to read, so she fell through the rabbit hole and found herself in the fictional Wonderland. A survey shows that twenty-three percent of the La Roche community would do the same.

The La Roche Courier conducted a survey to determine what percentage of the La Roche community reads for fun. This survey defines reading as both digital and print.

Out of the 1,555 students attending La Roche University, 100 took part in the survey. This included 47 males, 51 females, and two gender non-conforming students.

Fourteen of the students were commuters and 86 were residents. Students from a wide variety of backgrounds participated in the survey. From dance to biochemistry majors, ages from 18 to 30, many gave insight into how stress plays a role in their lives.

The survey defined stress as a mental, physical, or emotional tension caused by an outside factor. The survey began by questioning participants how often they felt stressed on a 1 to 5 scale of never to very often.

How students cope with stress

By Matt Bletic
Contributing Writer

“The greatest weapon against stress is our ability to choose one thought over another.” American psychologist and philosopher William James said.

For college students who are dealing with school, work, maintaining relationships, and trying to figure out their future, dealing with stress can be a daily battle. Although stress is a factor that everyone will have to face, it’s how we cope with it that make us different.

This survey was created in order to understand La Roche students’ experiences with stress and the mechanisms they use to combat it.

The survey was distributed in the La Roche dining hall during lunch and dinner hours as well as in some classes throughout February 2020.
Making money during quarantine

By Jordan Smith
Sports Editor

In this list, I have put together some methods one can do to make some extra cash during this quarantine. Not only are some of these options to make money, but to also improve oneself and declutter from some unnecessary habits we get trapped in.

Sell on eBay/Craigslist – Declutter your room, you have boxes in your garage, etc. We all have a substantial amount of crap we don’t use on a daily basis at all. Look up sold and completed items through the eBay app and figure out the value of your items. You could easily gather a couple hundred bucks. (Weight equipment has gone up 750 percent since quarantined)!

Sneaker game – Start truly hustling by flipping sneakers. The shoe industry is one of the most liquid markets in the world. Start doing your research first. Look at StockX, eBay and other auction websites to understand the price of the shoes. Join a discord cook group or reddit group to start understanding more and learning more from those who run the group chat. The basics is to buy off retail websites and flip for more cash. People are making thousands off of this. Just do your research.

Sports Cards – Sports cards have returned and may be more liquid now than sneakers. They are quickly becoming the go-to for side hustlers more than sneakers and vintage/limited edition clothing.

After the recent documentary on Michael Jordan, his cards have gone way up in value. Rookie cards, Prizm, Topps, Panini are the gold standard for cards. Look out to invest in basketball and soccer cards more than other sports, as they are becoming the most popular sports in America.

Stock Market – This is another category that takes tons of knowledge, studying and research. Predicting the stock market is basically impossible. If you’re not a finance major that’s okay. There are many people on YouTube and Twitter that have prestige and share their knowledge. Buy books to learn more. Starting off with a simple mutual fund is a good start.

Drive for Uber/Postmates/GrubHub – There are a lot of these companies out there right now. Not just the ones I mentioned. If you have a car that is not relatively that old and are at least 19 years old, then you are set to go. It is about as easy as work can get. Just drive people around or pick up food and deliver it to people. The money is not amazing, but if you do a decent bit in a day, then you can make enough.

Rent your spare room on Airbnb – This has become a great way to make some extra cash. Just be careful with who you are renting out to. You don’t want someone messing up your house. Daymond John rented out his basement to tons of people while he was building his Fubu empire. It was a part of his Rise N Grind.

Manage Social Media Accounts – If you’re very good with social media, then look to manage social media accounts for some small businesses. Reach out to people working in the company on LinkedIn or via email. Send them your resume. A lot of older people that run small businesses are willing to outsource this side of the business.

Small businesses seeing help as country strives to reopen economy

By Jordan Smith
Sports Editor

On Thursday, April 23, the House approved the $484 billion bill and small businesses and hospitals during the coronavirus crisis. On April 21, the Senate originally approved the bill. Lawmakers returned to Washington to vote. They arranged to take the stairs and avoid use of the elevators. They all wore masks and used hand sanitizer giving in and out of the House. The vote took about 90 minutes as members had to stay at a distance and take turns voting.

It was a bipartisan effort as 388 voted yes, four no and one present. President Donald Trump officially signed the bill the following day on Friday.

The bill is focused on the small business relief programs, offering additional assistance to hospitals and funds for expansion of testing capacity nationwide. This $2.2 trillion stimulus bill that was passed last month gave aid to normal U.S. citizens. About $1,200 given to adults and $500 to some young adults.

This second stimulus package since the coronavirus began will help replenish the Paycheck Protection Program. I’ll assist small businesses in covering payroll and other essential expenses for roughly two months.

Loans are able to be forgiven by the companies if they maintain the size of their workforce.

$75 billion of the bill is specifically being given to hospitals and healthcare providers who are facing budget gaps. Another $25 billion in aid is set to accelerate the testing efforts for the coronavirus.

Entrepreneur, owner of the Dallas Mavericks, and investor on Shark Tank, Mark Cuban had high remarks for the small business loan. “It is literally the best stimulus bill ever for small businesses, so if you are an entrepreneur, if you’re a small business operator, you need to be cognizant and you need to apply ASAP,” Cuban said.

President Trump a few weeks ago met with all the major-league sports commissioners to discuss the issues around sports not being played because of the virus. He created the “Re-Open America” advisory committee.

Cuban will be on the committee. “I’m ready to help my country in any way I can,” he said.

“We need to get our sports back,” Trump said at a White House briefing.

Having the NBA, NHL and MLB return would be crucial for the United States. Citizens are in need of some sort of entertainment. It is likely if sports return that fans won’t be able to attend games for quite some time.

If the entertainment industry picks up, then hopefully small businesses and other companies can work on getting back to normal.
Work from Home

History professor Dr. Richard Grimes said he's working from home with a new co-worker: Flynn the cat.

Taylor Snyder, coordinator of tutoring and student support, is working to help students remotely by offering Zoom tutoring and online Writers’ Center help.

English Department Chair Dr. Janine Bayer is working from home—even when her dog Calypso would prefer she plays with him instead.

Associate Editor Danielle DiNatale said she's working from her living room love seat—where she has a perfect window view for when she needs a distraction.

Entertainment Editor Sarah Hefferin said her new workspace has been overrun by cats—who like to walk all over her laptop during Zoom calls.
Academics

Students balance studies with jobs

BY MADELINE RICCARDI
CONTRIBUTING WRITER

All over the La Roche campus, full time students manage to balance their course load while also maintaining the responsibilities of a part-time job. There are hundreds of students who attend La Roche University as full time students who also have part-time jobs, causing a difficult balance of school, work, and fun. Many students at La Roche find ways to manage this responsibility.

On a scale of one to ten, with one meaning not at all and ten meaning very much, freshman Jenna Davis rated the level of difficulty of balancing work and school as a seven or an eight.

“I feel as though work/classes are around 7-8 because both are rather heavy, meaning that my classes very math and science based and within my job, I am liable for mitigating risk, protecting against fraud, and providing financial wellbeing to anywhere between 60-120 people per day,” she said.

Davis works for PNC bank as a customer care and support representative. She has been with the company for around eight months.

“I am constantly stressed and constantly feel busy with schoolwork. I feel like I never get a break,” Stewart said. “But somehow, I maintain good grades.”

Madeline Butch, a 19-year-old CineMark Theater worker agrees with her classmates on the level of stress, rating it a nine.

“I would say that I constantly feel like I am drowning and anytime that I am spending not working on stuff I feel like I am falling behind and get confused,” Butch said.

See Jobs, Page 27

La Roche offers variety of little-known programs

BY MADELINE RICCARDI
CONTRIBUTING WRITER

Everyone knows the big majors at school; but they aren’t the only ones on campus.

La Roche University offers 56 majors, minors, masters, and certificate programs. But do you know what all of them are?

Every day, students at LRU take classes with dozens of classmates who are not after the same degree as them, and they might not even know it. There are certain programs at La Roche that exist, but do not have a name.

Did you know that there is a pre-chiropractic, however, is very different. It is a six and one-third year program, resulting in a Doctor of Chiropractic degree from Palmer College of Chiropractic.

This degree consists of 32 credits of science and mathematics courses as well as specific courses depending on the type of bachelor’s degree that the students choose.

Classes that students need to take include Human Anatomy, a course that involves the processes of the human body, Normal and Clinical Nutrition, a class regarding the relationship between nutrition and health, and several chemistry courses.

Speaking of science, did you know that there was a Medical Terminology class offered at La Roche? It provides a thorough review and analysis of the structure and understanding of medical terminology with an emphasis on spelling, pronunciation, and definition.

Definitions are also important for the La Roche and Salus University joint program of Pre-Optometry. This degree involves a detailed examination of the eye and its functions. In it, you learn how to diagnose, treat, and manage various diseases of the eye.

This is seven-year program requires 90 hours of undergraduate studies. Students also have to maintain a GPA of 3.0 or higher.

Just like the Pre-Dental program, the Pre-Optometry program has several phases. Students complete the first phase at La Roche University, while the second phase takes place at Salus University.

At Salus, students need to complete 90 credits and must finish a four-year study program before

See LRU Programs, Page 30

© MADELINE RICCARDI

Celebrating our 25th Year
Teacher balances online classrooms, family, shopping

BY MADELINE RICCARDI
CONTRIBUTING WRITER

During a rainy day in Pittsburgh, an interview took place in lockdown. Stephanie Riccardi sat on a couch in her living room next to her interviewer. She was wearing cozy slippers and sipped a coffee while she waited for the interview to begin.

She drank so much that she began to smell like coffee.

Normally at that time, she would have been in her classroom teaching her eighth grade American History class. Instead, she sat on the couch with her laptop and sent her students assignments through Google Classroom.

As the rain became heavier, the view to begin.

For the past twenty-one years, Riccardi has taught middle and high school history and pop culture classes at Sto-Rox High School.

Although she is only five feet tall, Riccardi has a reputation around school for being a tough teacher. She also has a caring side, making her become a favorite.

But all that changed after the coronavirus approached Pittsburgh.

Although she was born in West Harrison, New York, Riccardi has lived in Pennsylvania since she attended Slippery Rock University in 1986.

While in college, she studied history with a minor in political science. Soon after, Riccardi

SEE RICCARDI, PAGE 31

Firefighter talks about tackling COVID-19 challenges

BY TAYLOR ELLIS
CONTRIBUTING WRITER

It’s 6 am. While most people are still in bed sleeping, Justin Jackson is getting ready for a 24-hour shift. During this shift, he will respond to calls and help people who are sick and in danger. Although this is just another day on the job for him, he’s on the front lines.

Jackson is a firefighter and EMT in Fairfax County, Virginia. He has spent the last decade helping others, and he finds himself at the station on most days. Working 24-hour shifts, the seasoned firefighter has made a home for himself at the station.

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Justin William Jackson is 29 years old. He’s 6’2”, 280 pounds. Nothing scares him, so he says. Justin started his career off as a volunteer firefighter. For about two years, he learned the ins and outs of the field.

For the past twenty-one years, Riccardi has taught middle and high school history and pop culture classes at Sto-Rox High School.

Although she is only five feet tall, Riccardi has a reputation around school for being a tough teacher. She also has a caring side, making her become a favorite.

But all that changed after the coronavirus approached Pittsburgh.

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SEE RICCARDI, PAGE 31

Firefighter talks about tackling COVID-19 challenges

BY TAYLOR ELLIS
CONTRIBUTING WRITER

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SEE RICCARDI, PAGE 31
Mother shares perspectives on working from home in pandemic

BY KRISTA LUKASZEWICZ
CONTRIBUTING WRITER

I t is an unprecedented time in America. The Coronavirus has shut down schools and nones-
sential businesses. Many people have lost their jobs and those who are still able to work are working from home. Suzanne Straka, 55, has worked as a secretary for a law firm in Pittsburgh for 27 years. Her hair is blond; dark roots are beginning to show. She looks tired—she says that she has been up all night watching television. The smell of freshly-brewed coffee permeates the air. A cell-phone rests on the table to her left and a dog rests his head on her lap.

What kind of new challenges are you faced with working from home?

Just working in general; I feel like I’m always playing musical chairs with all of my dogs. I’ll get up to get a cup of coffee and, when I return, there’s a dog curled up on my chair. I also miss my two big computer screens in my office. I hate laptops because they’re too small and, unfortunately, I have to work from one at home.

Are you having any difficulties motivating yourself to work with all of the newfound distractions?

Motivating myself is definitely an issue. Who wants to get out of bed? I have to send out a “good morning” email every morning so that my coworkers know that I’m there to help them. I’ve fallen into the habit of sending an email from my phone while I’m still in bed so that I can sleep for another 30 minutes. Then I wake up and panic.

Are you looking forward to going back to working in an office?

Absolutely not. I’ll have to go back to waking up early, getting ready, watching the news for the weather report, and running out the door to catch my bus. I’ve also been living in sweat pants; I’m in no rush to go back to wearing stuffy office clothes.

Do you think it’s going to be difficult going back to work after this pandemic is over?

It’s going to be an absolute nightmare. I don’t remember what’s sitting on my work desk and I still have projects coming in. There’s a lot of processed paperwork that I’ll have to put together when I go back. It’s going to take forever.

How difficult has it been for you to keep up with friends/coworkers since the stay-at-home order was implemented?

My coworkers are my best friends. I just email them or text them when I want to talk. We’ll call each other if we’re really wanting to, but usually we just do group chats over text. It’s not that big of an issue.

What has been the scariest part of dealing with this pandemic?

Listening to my parents—specifically my mother—talk about going down to the store for food. They yell at me for going to the food store because I have an implantable defibrillator and pacemaker, but they don’t hesitate to go down themselves. My father has high blood pressure, kidney issues, and possible heart problems, and my mother keeps sending him down to the store. It’s just frustrating. I don’t get it.

This is a scary time for a lot of people, but has anything good come out of having to stay at home?

Absolutely. I get to clean out drawers and cupboards that I haven’t touched in years. I get to catch up with all of my favorite television shows that I’ve been too busy to watch. I’ve been pulling a lot of all-nighters because I know that I don’t have to wake up early and go to the office. It’s great that I can go to sleep and wake up when I want.

Have you had to cut back on anything financially since this pandemic has started?

I’m inclined to say that I’m actually saving money. I can’t go to stores and spend money on things that I don’t really need. After a long day spent shopping, I’ll usually go eat at a restaurant or buy coffee somewhere; I can’t do that now. The money just goes toward the bills and food.

When this pandemic is over and places start opening up to the public again, where will you go first and why?

I’ll definitely go to the bookstore first. That was always my favorite place to go to every couple of weeks, usually on a Friday night. I know that I can order books online, but where’s the fun in that? When I walk into a bookstore, the first thing I notice is the smell of all of the books. It’s a lot of fun getting to browse through the titles. I’ll also go to the hair salon as soon as I can because I definitely need a haircut.

Has this pandemic changed your perspective on personal freedom, life, or the world around you?

Somewhat; there are certain things I’ll never take for granted again. I don’t think anything is going to be the same. Before all of this started, people on the bus would give coughing people strange looks and try to move away from them. When this pandemic is over, people will still be afraid. The virus will always be out there. Will any-

one trust anyone? I imagine the fear will always be there, or at least for a long while.

Mental health concerns weigh on student during lockdown

BY ERIN RUSSELL
CONTRIBUTING WRITER

I f there’s one thing the world can agree on right now, it’s that the quarantine set in place has manipulated our daily lives significantly. Students are now forced to attend classes via Zoom. Small business owners have been forced to shut down. Anyone who is not considered an essential employee is expected to stay within their home. Families have been separated through fear of passing the virus on to someone who is immunocompromised. Social distancing is now in full effect, therefore, even if we wanted to interact with someone on the street, we can’t. Smiles are hidden by makeshift masks. All that’s left to give a stranger’s expression away is their eyes… which look more panicked than friendly.

We are currently at war with an invisible enemy. Everyone is at least a little scared, and if you say you’re not, you’re lying. Some people may even be more fearful than others given their current health situation, their age, their environment, or their access to necessities.

Allison is a 20-year-old sophomore at Carlow University who feels extremely threatened by the Coronavirus. And she has every reason to be. Allison suffers from severe asthma, which makes her a high risk candidate for obtaining the virus. Allison also has been diagnosed with generalized anxiety disorder and depression. She is also currently dealing with acute symptoms from a concussion. These implications, added with the piling stress from the virus outbreak, are detrimental to Allison’s mental health.

A normal day in quarantine for Allison looks something like this:

• Wake up at 2 a.m. and take the medicine she needs to function.

• Play Lily’s Garden on her iPhone for a few hours.

• Eat dinner with her family around 5:30 p.m.

• Watch a Netflix horror movie.

• Look at her assignments piling up through Schoology, and close the laptop’s lid.

• Watch Bob’s Burgers with her siblings while practicing em-

bracement.

• Facetime with her boyfriend around 11:30 p.m.

• Scroll on Reddit until her eyes get heavy.

• Go to sleep around 4 a.m.

Most would consider someone having this daily routine to be un-

ique.

The smell of freshly-brewed coffee permeates the air. A cell-phone rests on the table to her left and a dog rests his head on her lap. Somewhat; there are certain things I’ll never take for granted again. I don’t think anything is going to be the same. Before all of this started, people on the bus would give coughing people strange looks and try to move away from them. When this pandemic is over, people will still be afraid. The virus will always be out there. Will anyone trust anyone? I imagine the fear will always be there, or at least for a long while.
Entertainment Editor Sarah Hefferin asked the Courier staff:
What are you doing at home during the quarantine?

When boredom strikes, rearranging my (too small) bookshelf has been my go-to pastime. My favorite game to play is figuring out how many books on the shelf I haven't read yet. Got any guesses?
—Associate Editor Danielle DiNatale

I've been playing wayyy too much Animal Crossing: New Horizons. I've got to get that five-star island though!
—Entertainment Editor Sarah Hefferin

I've been hanging out with dogs.
—Contributing Writer Kathleen Kenna

I've been taking karate classes online.
—Editor-in-Chief Julia Felton

I used to have a desk at home, but since my dad now works from home, he took it over. So, I have to sit on the floor to do my work. My back hurts badly after a few hours. My brother wanders into my room whenever he doesn't want to do his work, so it's an interesting time. But don't worry! I have a desk coming in the mail. The only problem is that it's supposed to get here on May 28th, a month after the semester ends.
—Contributing Writer Madeline Riccardi
Basketball Champions

Both the men’s and women’s La Roche University basketball teams won this year’s AMCC championships.

Alumnus excels in sports industry

BY JORDAN SMITH
SPORTS EDITOR

An immigrant from Vibo Valentia, Italy, Jonathan Mancuso quickly found success in the United States. But his successful mindset started way before moving to America.

Growing up in a small town in Italy of only 40,000 people, Mancuso took on the Italian culture. “I’m a family, faith, fitness and food kind of guy,” he said.

At a young age of seven, he began mixed martial arts. He currently has a brown belt in Judo. He also swam at his high school and won a few championships in that sport.

Not only was he good at those two sports, but another: soccer. The young boy from Italy played soccer his whole life since being a kid. At only age 16, he was called up to play for a team in Serie C. This division is only two divisions below the top tier in Italy, the Serie A.

At his high school, he was the President of Student Government and a National High School Representative. He also volunteered at his local church.

Things changed around the time towards the end of high school. Mancuso went on a vacation during his senior year of high school in 2009 with his family and cousins. His cousin Greg Ceravolo Jr. was currently attending La Roche and playing soccer. His dad, Greg Ceravolo Sr. was also the goalie coach of both the men’s and women’s soccer teams.

After a long discussion with his cousin and family, Mancuso decided he would pursue a degree at La Roche and continue playing soccer.

In his four years playing soccer for La Roche, he was a four-year starter at the center mid position, and currently holds the record for games played with 70.

Mancuso quickly became involved on campus. He was the president of the Marketing Club, PR chair for Student Government, Redhawk Recruiter for Freshman admissions (did tours around campus for high school

Bowling team strikes high GPA

BY JULIA FELTON
EDITOR-IN-CHIEF

The AMCC recognized the La Roche women’s bowling team for striking academic success in their inaugural season.

The bowling team finished the season with the highest cumulative GPA of any team in the AMCC with a 3.645.

Coach Diane Jones said she was pleased with her team’s academic accomplishments. “I’m so very proud of the team for achieving such an incredible honor,” she said. “To be No. 1 in the conference among all of the bowling teams is amazing in itself, but to be highest in the AMCC for all sports is truly a testament to the dedication of each of the ladies to their education.”

Professional sports teams are looking to resume play sometime this summer.

Sidney Crosby and Alex Ovechkin both suggested being fine with immediately returning to playoffs without regular season games. Some players, on the other hand, want some regular season games to get back into the swing of play before getting into playoff action.

Back in the beginning of March, professional sports teams are looking to resume play sometime this summer. It is a big ethical decision in the hands of league commissioners and owners. The majority of players have suggested they would be in favor of returning soon and playing without fans as long as everyone was safe.

See Bowling Page 29

Courtesy of Alyssa Smith

La Roche bowling had the highest GPA in the AMCC this season.

Celebrating our 25th Year
Smarter ways to keep your information safe online

**Tech Tips**

**BY MELISSA UTZ**
**CONTRIBUTING WRITER**

With all this talk of computer threats, you might be thinking that things look pretty bleak. While it’s true that new threats pop up every day, so do new ways to protect yourself. There are many things you can do to keep your personal information and your computer safe. Computer security suites, good online habits, and using common sense are all effective tools you can use to protect yourself—and those around you.

First of all, there is a good chance that your computer already has some sort of security software installed on it. If you’re running Windows 10, you may get notifications about a program called Windows Defender. This is a good thing. The security software your computer comes with does a decent job on its own to keep you safe, but it’s important to remember that you need to maintain it. When your system says you need to update—another thing Windows 10 loves to do—just do it. Regular operating system updates are important for keeping your security software up and functioning.

If you would like an additional level of security, you can also invest in specific anti-virus security software. This includes programs such as Norton Antivirus and Bitdefender. These programs add an extra layer of safety to your system and will help in scanning for and defending against threats.

While it is more common today for businesses to invest in this level of security, an every-day person can still benefit from this investment. Simply maintaining healthy habits online is an easy way you can be safe.

A good way to do this is to turn on privacy settings for websites that offer this. For instance, Facebook has privacy settings—use them. Sites like Twitter also give you security features such as the option to opt out of market research. Many sites like this will try to get you to share your browsing history so they can better tailor advertisements to you. Opt out of these wherever you can. While the intention is not necessarily bad, this examination of your history can be an open door to your system if something were to happen to the website itself.

In addition to customizing your privacy settings, you should also practice good password habits when you register for any type of account online. It’s tempting, and it’s something many of us have done at some point, but you should avoid using the same password for every account. Avoid creating passwords that use personal details that are easily found—your name and your birthday are just a few examples of information that is very public and make for bad passwords. Try to create passwords that are at least eight characters, and use a variety of letters, numbers, and special characters—such as underscores.

When browsing the web, you can always check if the site has something called an SSL certificate. This stands for secure socket layer. Websites that have this certificate are more secure because they mask all required data from everyone but the site’s owner. If a website has this, it’s usually indicated as a small padlock icon in your web browser’s address bar. Clicking this will give you even more information about the website and its level of security. Next time you see one, definitely take a look at it.

Lastly, one of the best tools in your computer security arsenal is simply common sense. Be careful of anything you download. Be vigilant of suspicious e-mails. Always remember to be sensible about what you post on social media—the more personal information you have out there, the more easily it can fall into the wrong hands.

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Interested in joining our staff?

The Courier is always looking for new writers and photographers.

Contact Julia Felton for more information on writing for the Courier:

Julia.Felton@stu.laroche.edu
CONGRATULATIONS TO THE COURIER ON 25 YEARS!

The importance of a free press cannot be overstated. The ability of people to communicate information freely is critical to a healthy society. College campuses are no different and students must be allowed to have a voice. They must be allowed and encouraged to learn, discuss and critique different ideas.

The Courier has been a valued and trusted voice for the La Roche University students for 25 years. The newspaper has survived and succeeded through a variety of challenges over the years. The Courier continues to serve its readers and develop student writers.

I would like to congratulate Editor Julia Felton and the entire staff. Each issue contains a wealth of stories and commentary about life at La Roche. The newspaper provides a critical medium for aspiring journalists and a unique lens of understanding. I have been especially impressed by Julia's extensive coverage of Student Government Association meetings. She has always helped to communicate important information to the student body and held elected student leaders accountable.

Thank you to Ed Stankowski. Thank you for doing your job and going about your business. Ed has dedicated a great deal of time and effort to helping the staff of The Courier. He has provided expertise and passion that cannot be replaced. Ed has made it very easy to support The Courier over the years and he has helped to create a secure future for a critical student organization.

The Courier Staff

Editor-in-Chief
Julia Felton
Entertainment Editor and Lead Designer
Sarah Hefferin
Associate Editor and Social Media Coordinator
Danielle DiNatale
Sports Editor
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Associate Editor
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Kathleen Kenna
Krista Lukaszewicz
Madeline Riccardi
Erin Russell
Ed Stankowski V
Melissa Utz

Courier Advisory Council
Rebecca Pasqua
Sarah Reichle

Faculty Advisor
Ed Stankowski
During these challenging times, the La Roche Courier would like to spread some words of encouragement from our La Roche community.

Dr. Howard Ishiyama, Provost and Senior Vice President for Academic Affairs

Try as we might, none of us has control over the pandemic. But all of us have control over how we, as individuals, respond to it. I promise you that there will be a time in the near future when we will look back and remember the fortitude and resilience displayed by La Roche University students. I miss seeing all of you. Good luck on your finals! Stay strong, become resolute…you got this.

Sister Candace Introcaso, President

As the spring semester draws to a close, most of us will soon take a break from daily invitations to Zoom classes or online meetings, chat rooms, FaceTime, and other forms of interaction. But social distancing and warnings to stay at home will likely continue.

As a nation, we are receiving messages of encouragement on a daily basis. Television commercials assure us that “we are in this together,” that we will get through this. Musical specials lighten our mood and offer us hope. Free access to premium channels and streaming services help us escape the harsh reality of daily life, albeit temporarily. All are intended to help us round the edges of this unprecedented time and fix our sights on rejoining our circles of family and friends.

My spirits were lifted recently by the YouTube video of La Roche faculty and staff offering words of encouragement to our students. And just last week when I joined the Zoom meeting with our Student Government representatives, their leadership and dedication encouraged me. It was the first time since March that I had seen that many La Roche student faces at one time. Those faces, reflecting the La Roche spirit, gave me hope.

Offering encouragement and hope to one another is what we do at La Roche. It is what we are known for – not only in the days of a global pandemic but every day, and especially when life challenges us.

We are a concerned community. We are a caring community. We are La Roche.

Embedded in the word “encouragement” is the word “courage.” Together or singularly, these words word evoke strength, commitment, confidence – all qualities that surely will be needed in the coming weeks and months. These are the very qualities that the La Roche community embodies. These are the very qualities we are accustomed to sharing, and that have become part of our identity.

Looking forward to brighter days – (and they are coming!) – my hopes for the La Roche community are that we may:

Be courageous in the face of uncertainty, in exploring new roads;

Be courageous as we encounter new patterns of daily life;

Be courageous and willing to risk failing, to meet challenges we never imagined;

Be courageous in sharing our feelings, in offering to help; and

Be courageous in accepting reality, looking forward to the day in which we finally find meaning in what we are experiencing.

I would like to offer a special word of encouragement to the graduates of the class of 2020. While certainly not what any of us imagined as a final semester, this experience will bind all of you together forever, as no combination of typical yearly graduation events ever could have done. You have been challenged to bid farewell without the opportunity to do so in person, on your own schedule, surrounded by familiar faces and routines. I can only imagine how difficult this is for you.

I pray for the opportunity to gather again soon as a community, to celebrate our accomplishments, including commencement, and our ability to stay connected during a time of physical distancing. That will be a time to celebrate and give thanks for all of you – for your stories, your outreach, your hopes and acts of encouragement.

I also pray that you may accept the recent challenges as an opportunity to grow; to be flexible and open to all that life can offer. I know from experience that the challenges we face often make us stronger.

I pray that the distancing imposed by this pandemic may lead you to more fully embrace the world that awaits you, full of special people, places and experiences.

I pray that you may come to appreciate the power of a gentle touch, of a random act of kindness, of smiling eyes.

And especially, I pray that some day in the future, you will come to realize that this period of history did not define your life. But rather, it profoundly refined your life.

God bless.

Danielle DiNatale, Associate Editor

We’re all missing out on something that we looked forward to: birthday parties, graduations, family events, and so much more. It’s okay to mourn what we can’t have. But even through this time, there are things that may have worked out for the better. Try to find those small pieces of light in this troubling time. This will end, and we will get through it!

God bless.
Colleen Ruefle, Vice President of Student Life and Dean of Students

All of us have had our own struggles with our current situation. The stay at home order has affected us in different ways and impacted our lives in ways we most likely never thought of before. For the members of the La Roche community who have lost a loved one as a result of the virus, we offer you our sympathies and our prayers.

At some point, the immediate crisis will end and life will resume to some sense of normalcy. I won’t say we will go back to ‘normal’ because I believe we will all have a new appreciation of each other and our new ‘normal’ will be different. I believe we won’t take for granted many of the experiences we have in the past. I look forward to connecting again in person with students and coworkers. This will sometimes soon pass and we will gather again and celebrate and study and learn and meet and laugh and dine together again. Until that happens, continue to reach out to others and connect in ways that you can. Text someone you haven’t talked to in a while. Send an old fashion card in the mail. Smile behind the masks that you wear. Let people know you care and that you are thinking of them just as La Roche cares about you and we are thinking of you.

We got this Redhawks. Be patient. Be kind. Be safe and know that La Roche is anxiously awaiting your return. Stay Blessed.

Jeff Dailey, Assistant Director of Student Development

I know that this is a hard time for most and I know many of you are saying that you didn’t sign up for this but we are Redhawks and we will get through this together.

Ashley Testa, Director of Housing and Residence Life

I want the La Roche students and community to know that we are all in this together and that we are here for you. The Residence Life professional staff is always available to support you and guide you with any questions you may have. If you need us please don’t hesitate to Zoom, email, or call us! We look forward to welcoming you all back to campus when it is safe to do so.

Dr. Joshua Bellin, Professor of English

I’ve been impressed by how the majority of students have adapted under exceedingly difficult circumstances. I think students should take pride in their resilience and hard work.

Dr. Joshua Forrest, Professor of History and Political Science

This has been a rough time for everyone, but I think most of all for younger people who suddenly find themselves restricted in ways that were previously unthinkable. It is important to leave your house and take a walk; good for the soul. Take solace in the fact that at least we all (hopefully) have electric power and the internet -- imagine living through the last pandemic (in 1918) when you would be lucky to have candlelight and a slice of bread for dinner.

And finally: this won’t last forever. It will feel that way until normalcy resumes. But eventually, the freedoms that you have been used to enjoying will be there again. That is something to look forward to in a big way. Meanwhile, hang in there!

Dr. Janine Bayer, Professor of English

You are all amazing! The students have been mature, adaptable, and diligent in spite of the challenges. Graduating seniors who are missing all the fun celebrations are handling it like the remarkable adults they have become. And the faculty, staff, and administration have come together to support one another like the wonderful family we are. I have never been more proud to be a member of this community.

Taylor Snyder, Coordinator of Tutoring and Student Support

I am so proud to be part of the La Roche community, especially after seeing everyone collaborating to address challenges brought on by COVID-19. I want to encourage everyone to finish strong and to be proactive with communicating obstacles and successes throughout the semester. We got this!

Dr. Richard Grimes, Professor of History

I always tell students that as they go through the learning process of a university education, they must learn to get out of the comfort zones of their major and learn to adapt to different course demands and different instructors. I also tell them they must be willing to engage the challenges of new disciplines of learning. This also applies to me and other instructors. Working at home is comfortable but online instruction is time-consuming and at times, technically frustrating. But as I put together my classes, I am learning to streamline, condense, and be more efficient in the presentation of course materials. I am also learning more about the subject matter I teach. As an example, it took me 10 hours to put together a PowerPoint presentation for my Civil War class on the three-day Battle of Gettysburg. In doing so, I learned a great deal about Gettysburg and the next time I teach about the battle, I will be more ready than ever. Most importantly, I would advise students to adapt to online learning and enjoy the bonus that such learning offers; being at home with your family.
Using quarantine time to help the environment

BY ED STANKOWSKI V
CONTRIBUTING WRITER

In the past several weeks, countless messages have started with a variation of “In these uncertain times” or similar allusions to the chaos caused by COVID-19. The truth is that the times were uncertain long before any pandemic. Climate change does not disrupt day to day life in Pennsylvania as much as any virus, but it is still an existential threat. With social distancing measures in place, there is more time to do any number of things. There are limitless options for how to fill this time, but some things only take a few minutes and can help save the planet.

The National Oceanic and Atmospheric Administration has guidelines for how to live more sustainably. They are simple and easy to follow with a measure of education and awareness.

Recycling is an ubiquitous example of easy environmental action. By knowing what local recycling plants accept, one can ensure that plastics stay out of sensitive ecosystems. Also, using reusable items is cheaper and more efficient.

There are many disposable products that have sustainable alternatives, but reusability is not the only solution. For example, light bulbs are not reusable. They burn out and are useless. However, there are longer lasting bulbs that may be more expensive but do last longer than alternatives. This sort of practicality keeps more waste out of landfills and helps reduce emissions.

Not all of this is practical at the moment. Changing consumer behavior is limited by shortages and closed businesses. However, more time presents an opportunity: education.

This is the most potent weapon against climate change. One can learn how to find more sustainable products, how to use less toxic cleaners, and limit vehicle usage. One can also devote time to being more mindful of consumption, especially water usage. It takes a great deal of energy to purify and pump water. Wasting water wastes all the resources that went into preparing it for consumption. It is a plentiful resource in Pennsylvania, but it is still a finite commodity.

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The La Roche Courier

something, you follow through when you say you’re going to do it,” Bosworth said. “I’ve seen it in the small things and in big ways.”

Despite widespread lockdowns and cancellations, the SGA members said they’ve still been able to accomplish some of their goals.

Christian Mukangila, director of multicultural and international affairs, said the club supports international students remotely. “I’ve been spending time tutoring [international students] and some of my friends through Zoom. It’s actually pretty fun. I like seeing them,” he said.

Director of Student Activities Natasha Florence said the La Roche Activities Forum (LAF) is hosting online meetings, Zoom bingo, and virtual elections.

During their online meetings, SGA finalized plans for their annual SGA gift. According to Bosworth, options included installing lockers in Kerr Fitness Center, renovating Bold Union Room, and installing water fountains.

The board ultimately decided to use the SGA gift funds to repair the gazebo near Schneider Hall. Because SGA was forced to cancel events this year, Bosworth said they decided to donate the rest of their annual budget toward the student emergency fund. “That’s a great way to use the money that we don’t really need,” Bosworth said.

Bosworth said the SGA board also voted for the annual Outstanding Student and Outstanding Student Staff awards online.

After holding online elections in early April, Bosworth said they would hold inductions over Zoom on April 28. “I’ve been seeing some of the students,” Bosworth said. “I can tell they’re excited to get back to campus.”

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La Roche alumnus Jonathan Mancuso enjoys a successful career in the sports industry. His first internship was while working training camp lead- ing up to the season, his responsi- bilities entailed executing all marketing events and had various game day responsibilities. In the spring of 2014, he once again interned for another Pittsburgh sports team, the Penguins. This was a corporate sales intern- ship. His duties included manag- ing partnership contract books and it was also heavily involved in data base management.

Mancuso would finish college being on the “Who’s Who Among Students in American Universities and Colleges” list and also be awarded the Presi- dent’s Scholarship award at gradu- ation by Sister Candace. After his graduation in 2014, it was time to start working. Mancuso applied to the Pittsburgh Pirates and became an Insides Sales Representative.

For the Pirates sales team, he was responsible for new business development. Mancuso would go on to achieve 150 percent higher than his original annual sales goal. He would finish top three in his sales class which is a team of 15 to 18 people.

After a year of working for the Pirates, Mancuso moved back to the Steelers. He started off as a marketing assistant but was quickly promoted after a year to marketing coordinator. After three years in that position, he was once again promoted in 2019 to event marketing manager.

In this role he has a vast amount of responsibilities includ- ing overseeing domestic and in- ternational events, handling on- site and experiential sponsorship activations, working closely with the marketing team to develop marketing promotions, working heavily on game day entertain- ment in both planning and exe-cuting, and managing the market- ing internship program. Back when Mancuso was in the marketing coordinator position, he created the Student Brand Ambassador Program. This position provides a one-year paid contract with no office hours and allows students the ability to earn money with flexibil- ity. “I created this program because I wish I had something like this during college to make money with flexibility, while also gaining great experience,” he said. His fellow- coworker Brandon Artman, the event operations marketing coordi- nator, currently runs the program.

Working in sports is not an easy industry to get into, but with Man- cuso’s passion and work ethic, he made his way in and excelled. It is also time consuming. Mancuso decided to do even more besides working the long hours at the Steel- ers.

He is the owner and Managing Director of Ledalgo LLC, a market- ing agency he started. It is an agen- cy that provides marketing cam- paigns, sponsorship activation and national event management.

On the side, he is also the host of his own podcast, Brain Fuel. You can find it on Spotify or Ap- ple. The podcast covers career and professional encouragement.

In 2019, he became an adjunct professor at Point Park University. He teaches one class: “Contemporary Marketing Topics.” This course focuses on marketing trends and strategies. He also has stayed involved with his alma mater. Mancuso sits as the current president of the Alumni Association executive board. He oversees the planned events and works with the rest of the college alumni in contact. Mancuso also donates money to the school yearly as he finds it important to give back.

# Pro sports

Lebron James said “I ain’t playing” if there are no fans in attendance. Clearly, the atmosphere will be lacking if there are no fans. But, if Lebron James and others want to make their fans happy, then still having the games is better than nothing. If games return without fans, it would be weird. Teams will lose out on the ticket sales, food revenue and partnership activation but they will still get the TV/Broadcasting revenue. That’s where most of the money is any- ways.

Team personnel, security, em- ployees and media will be able to attend games as that was an- nounced already if games do re- turn.

Post-game interviews will be handled at a distance, so there will be no reporters shoved in the fac- es of players in the locker room after games. The NFL recently held the draft online. A lot of people got a laugh out of this as they saw the commissioner Roger Goodell an- nounce the picks via his basement. (I expected him to have a nicer basement.)

The NHL has taken more ini- tiative than most leagues (probably because their revenue is much smaller than all the other leagues. They really need the money). They plan to start train- ing camps in the beginning of June and begin games in July.

It is not determined how many regular season games are being played before playoff start, but they would like to continue the regular season. Deputy Commissi- sioner Bob Daly said he would “prefer this season not interfere with the full 2020-2021 season of next year.” I would say that makes sense, but there is more revenue in the playoffs than regu- lar season. I would suggest mak- ing sure this Stanley Cup is won, even if it means a shorter regular season for next year.

The league is looking to play games in neutral sites. Preferably two to four arenas. Players would be nearly in a hotel while follow- ing the social distance guidelines. Players would therefore not be with their families at all for months, unless the league allows families to be there.

Pittsburgh is certainly in the running to host games if the NHL continues.

The NBA is following the steps of the NHL for the most part.

The NFL is one of the most powerful organizations in the world and in this country. They will most likely continue games this fall, but with fans or not is the big question.

The MLB may be in the worst boat out of all the professional leagues. They can only really play in the spring and summer.

There has been much discus- sion on how the MLB would like to return. They have talked about completely changing the divisions and more. It will be interesting to see how it pans out. Attendance was down six percent overall last year.

The soccer on the other hand out- side of the United States is look- ing to return as soon as possible. A lot of the European countries besides Italy have not been hit too hard by the coronavirus. As far as in America, it may be tough for the MLS and USL to start up as not all of the teams have big TV contracts and huge attendance at their games. The players don’t get paid much to begin with so teams might cut back salaries. It’ll be hard for them to come back from this this summer.

If I had to bet, the NHL and NBA will return in July and Au- gust. The NFL will start on time. Fans won’t be able to attend train- ing camp, but maybe games. We will have to see the outlook of the virus by the fall.

What worries me, is in South Korea they have returned to play- ing baseball, but if one player gets the virus, then the league is post- poned for three weeks. That is cer- tainly bound to happen, right? What if it happens in the NHL season and look what the Stanley cup final round is played? Then what happens? A player or two is bound to get it, or someone won’t find out the virus is spreading.

So therefore, I ask, if all it takes is one player, is this really worth it?
Stress Survey, continued from page 7

To some, it may seem unsurprising that students are stressed, because they have to juggle their academic workload and other obligations simultaneously. If anyone remembers from their Intro to Psych course, ongoing stress or short-term stress can actually help us to perform better; however, experiencing too much stress can negatively impact our health.

The survey asked students to indicate any harmful patterns that they notice about themselves when they are undergoing stress. Participants that indicated experiencing the following behaviors when experiencing stress:

- 52 participants notice changes in their appetite, such as overeating or eating less
- 61 participants notice they have an increased irritability
- 68 participants notice a change in their sleeping patterns, such as sleeping too much or too little
- 33 participants notice they are more likely to avoid classes
- 59 participants notice they experience an increase in self-doubt
- 6 participants indicated they also experience other negative patterns

This information is important because it shows that a significant number of students are (at least) experiencing one of these negative impacts from stress. However, it is likely that one student is experiencing several of these factors at one given time. Fourteen percent of students reported they experience all of the factors listed in the question. This group of participants also indicated that there were other negative patterns they notice themselves doing when stressed.

Study Hours

The survey asked students to report how many hours they study weekly. The data shows:
- 55 percent of students study 1-5 hours weekly
- 33 percent of students study 6-10 hours weekly
- 5 percent of students study 11-15 hours weekly
- 5 percent of students study 16+ hours weekly
- Two percent of students reported that they do not study during the academic week.

The survey also questioned the students’ study habits during the week of midterm and final exams. The respondents reported:
- 34 percent of students study for 1-5 hours during midterm/final exams
- 36 percent of students study for 6-10 hours during midterm/final exams
- 20 percent of students study for 11-15 hours during midterm/final exams
- Nine percent of students study for 16+ hours during midterm/final exams
- One student reported that they do not study during the midterm/final exam period

The bar graph below shows a comparison in student study habits during a regular academic week versus during the week of midterm/final exams. This infographic makes the conclusion that students increase their study time during midterms and final examinations. This increase in studying could provide an explanation for why stress levels among students increase during midterms and finals.

How Students Cope With Stress

There are healthy and unhealthy activities one can engage in to cope with stress. Someone may find going for a jog to be just as beneficial as lighting a joint.

The survey asked participants to select as many options as they wanted from a list of healthy and unhealthy activities. According to the survey:
- 67 participants find exercise helpful
- 23 participants find reading helpful
- 19 participants find crafting helpful
- 16 participants find meditating helpful
- 67 participants find talking to others helpful
- 11 participants suggested that they have other healthy ways of coping
- One participant finds using hallucinogenic drugs (LSD, Shrooms, PCP, etc.) to be helpful
- Two participants find using stimulant drugs (Adderall, Caffeine, Ecstasy, etc.) to be helpful
- 36 participants find drinking alcohol helpful
- 43 participants find drinking caffeine helpful
- 15 participants find smoking marijuana helpful
- Seven participants find smoking cigarettes helpful
- Five participants suggested that they have other unhealthy ways of coping

Changes That Can Be Made on Campus

The survey encouraged participants to identify any changes that could be implemented on campus to decrease their stress levels. The majority of participants either indicated no changes could be made, chose not to respond at all, however, among those who did respond, there were common themes in their responses. In short, the most common replies included more therapy dogs, more counseling service options, more counseling seminars, more stress-relief events and more quiet spaces.

La Roche University offers free health and counseling services to students, staff, and faculty members. The survey showed that 26 percent of students utilize these services.

What could be contributing to this low number of students utilizing these services? The amount of readily available counselors and the hours of operation could be to blame. There are currently three counselors on campus, and before quarantine, the office’s hours were from 9 a.m. to 5 p.m. Monday through Friday. Despite 26 percent of the study’s population utilizing these services, several students said they wanted more counselors on campus.

One education major said she would like to have “longer hours for the counseling and health services office.”

A psychology major simply stated, “More counselors on campus!”

La Roche University invites the therapy dogs on campus once a month. Twelve percent of students stated having the therapy dogs more often on campus would help them to relieve stress.

One health science major stated, “I feel that the campus could have more therapy dogs and more group meditation.”

A communications major said, “Make counseling more available, and bring therapy dogs more often.”

Five respondents indicated they would enjoy having seminars on campus to help learn different ways of coping with stress. A professional writing major indicated, “I think La Roche does a pretty good job with helping their students with stress. Maybe the counseling department could hold more groups for how to handle different types of stress. Maybe they could do seminars or hold events to make people more aware.”

Another professional writing major said, “Maybe having some workshops that discuss stress and provide healthy coping mechanisms.”

Seven respondents stated they would benefit from having more de-stressing activities on campus. A chemistry major wrote, “I feel that stress is something you have to deal with personally. If there are any activities that can be implemented, one could be having a quick 30-minute physical activity that will get everyone engaged. For example, having Pin The Tail On The Donkey in C.C. Square, or something more creative, will work.”

One exercise and sports science major said, “There could be more activities that create distractions.”

Three responses included having access to more quiet spaces on campus would help decrease their stress levels.

A political science major responded, “More quiet rooms in the library instead of just desks that are up against another person’s desk, which creates distractions.” He also said he would like for the campus to “find more ways to accommodate people with attention deficits.”

A graphic design major suggested, “Maybe a study room in every dorm building.”

How Much Do La Roche Students Study Per Week?

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<th>Number of Students</th>
<th>Weekly</th>
<th>During Midterm/Final Exams</th>
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</tr>
<tr>
<td>Total</td>
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<td>70</td>
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have been in September or October. The last SGA meeting at the
time was on Feb. 11.

As for the Open Forum, one of the
surveyed students had attended
that was not a part of the SGA.
There were six students who were
not part of SGA that were present.

All of the students surveyed said
that students’ opinions still matter
whether or not they attend SGA
meetings. Nearly every student said
that their opinions matter because
they are members of the La Roche
community.

Like many of the students, one
senior health science major said
that people don’t have the time to
go to the meetings.

However, while one freshman
film major felt the opinions of
these students are important, they
also said, “They are still students,
but I don’t think they should ex-
pect to have their concerns heard
as much as those who do (attend
SGA meetings).”

Eighty-two percent of students
said that they do not feel well
informed about when SGA meet-
ings occur. One student, a political
science major, said, “Meetings as of
late are not advertised well.”

In fact, more than half of the
students surveyed said that they
would attend SGA meetings, open
forums, and other opportunities if
there was more of an effort made
to make them aware.

All of the students surveyed said that students’
opinions still matter whether or not they attend SGA
meetings. Nearly every student said that their
opinions matter because they are members of the La
Roche community.

Students had many suggestions
for changes that would allow their participation if they cannot attend
SGA meetings:
• Streaming the meetings
• Online submission box
• More surveys
• Publishing the minutes
• Newsletters
• Having the times of meetings
be more advertised
• Making the meetings at different times

Some students believe that the
student body can change certain
aspects of campus life, but there
are many who disagree.

One student, a sophomore
history major, said, “No because,
honestly, we don’t matter to the
higher ups.”

Another student, a junior, said,
“No because I believe there is no
actual value towards students.”

One senior political science
major said, “No, everything that
people try to change feels like a
half measure. Whether that’s from
lack of student commitment or
administration not listening, we’re
stuck.”

When asked what they thought
was the biggest issue on campus,
students had very diverse an-
swers. These issues were:
• Student involvement in cam-
  pus life/ not enough good
  events
• Lack of campus security
• Lack of coherent information
• Parking
• Classrooms in trailers
• The administrations mis-
  placed attention on aspects of
  campus life
• Drinking on campus
• Racial issues
• Theft
• “Inconsiderate noisy people”
• Not enough seats on quiet
  side of the library
• Lack of hand sanitizer
• Handicap accessibility in
dorms
• Street lights on Babcock Blvd.
in order to see students in the
dark
• Twenty-four-hour food op-
Okello, continued from page 6

“My message to anybody is: don’t quit. Because it’s too important. For students, the world needs you. So you can’t quit.”

-Candace Okello

For my undergrad, I went to a college that was predominantly white. There were six people of color in my class. It was a culture shock. I had an idea of what it would be like, but you don’t realize that the experience is completely different than what you had previously thought until you’re in it.

As a result of me being a student in the minority, when I was from a community where I was a part of the majority, I realized how that impacts my ability to exist and show up. I became more vocal about adversity and about justice as a result of that. I was the Diversity Chair on student government because, even then, I realized there was a need for students like myself who were showing up in spaces where they weren’t being seen. I saw that they were in the minority and it was tough to navigate. Had I not had that experience, I would not be doing that work. That’s why I think it was so intentional, for me to have had that experience, because I now understand students when they tell me about their identity and say “Candace, I’m struggling.”

That is why I do this work. I do this work so I can look in the student’s eye and say, “I understand.” I want to continue to do this work to help these institutions as they begin to shift to help them understand how students are showing up at their institutions and to continue to show how we become more inclusive to ensure that when people are there, they succeed and they thrive.

What is the most memorable experience (s) of your job?

I was recently reflecting with a student about the number of students that have come through this institution. I want to continue to work for the future for themselves. When you start to see them be- ing other students and I saying, “If we could have just one more week...”

There was something about the spirit there—the people—that was beautiful. They’re the type that say, “If I have, my neighborhood will have, and you will have.” It wasn’t just this individualistic so- cialism. To be in a community and a spirit like that, that is the way it should be!

When you find these values in other cultures, do you find yourself constantly adapting and questioning, ‘what do you do to bring them to your job?’

One hundred percent yes, because it should be about the collective. It should be about how we are existing in a community in order to lean on each other. Be- cause it gets hard; people go through things. So how are we building a community in a way where we say “I see you,” and how can we be present? I value how we rallied around to meet a need—that’s amazing. So yes, I see how those values are reflected here at La Roche.

What will you take away from working at La Roche University?

I was recently reflecting with a student about the number of students that have come through this office and the memories sitting in this space—having students on the floor and having students just find a space and to find that community. It was rewarding but also humbling because of the things that they shared here. They felt safe enough to share some of those stages to self-authorship, where they hit that final phase of, “this is who I am, and this is who I want to people to know and recognize as who I am.”

To see students move through those stages to self-authorship is beautiful. Some people reach it sooner than others, and that’s why when you start to see them be- come more confident in their stu- dent leadership and in their vision for the future. When I started to see in them, how that matters to them and how they figure it out, that’s been a privilege to watch. All of that has made me a better person, but also a better professional.

But also there’s the institutional part to my experience. To see how we have an opportunity to have the Office of Diversity and Inclusion and be a part of that has been a big accomplishment. I can see how, as a community, we are be- coming more mindful of diversity and inclusion, not just coming out of my office, but in other spaces.

I think also just having the Of- fice of Diversity and Inclusion was a big achievement. My hope is that the people who come in after will be even better. I hope they build on the foundation that has already been set. That is my hope—that the work continues. I hope that the people who come in after are even more passionate, even more diligent, and even more committed to the work.

Is there anything you want to say as your final message to La Roche University before you go?

I hope that people, when they think of me, think of me in every positive way. I hope they say that Candace loved them. I hope they say that Candace Okello was a big achievement. I hope that the people who come in after will be even better. I hope they build on the foundation that has already been set. That is my hope—that the work continues. I hope that the people who come in after are even more passionate, even more diligent, and even more committed to the work.

To what do you consider to be your greatest achievement of working at La Roche?

When I started, I was looking at the retention rate of the overall students, specifically our black students. It was low. As a result of that, I established Black Student Achievement. It was designed not only from my viewpoint, in regards to the same idea of struggle, is that he would remind me of what IS happening. He reminded me of all the positive things that WERE happening, and I really needed that.

I have learned a lot from him about the importance of our supervisor, and what it means to support your staff, and to see them not just as employees, but as people. I want to hold on to my own optimism, to en- courage, and to give space for them to create. I think that’s one thing that this job has given me. I was given this space to create.

What do you consider you can to not get so discouraged that I would want to stop. I’d have those moments where I’d get really frus- trated...and want to give up. There’s actually this Frederick Douglass quote that says, “Where there’s no struggle, there’s no progress.” So I ask myself, “How do I push through the struggle?” Those chal- lenge have shaped me and grown me. And so I think I now look at change differently than when I first came.

I’ve also been incredibly blessed with the people that I have worked with. David Day has been just a wonderful supervisor. One thing that I have learned from him, in regards to the same idea of struggle, is that he would remind me of what IS happening. He reminded me of all the positive things that WERE happening, and I really needed that.

I have learned a lot from him about the importance of our supervisor, and what it means to support your staff, and to see them not just as employees, but as people. I want to hold on to my own optimism, to en- courage, and to give space for them to create. I think that’s one thing that this job has given me. I was given this space to create.

What do you consider you can to not get so discouraged that I would want to stop. I’d have those moments where I’d get really frus- trated...and want to give up. There’s actually this Frederick Douglass quote that says, “Where there’s no struggle, there’s no progress.” So I ask myself, “How do I push through the struggle?” Those chal- lenge have shaped me and grown me. And so I think I now look at change differently than when I first came.

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Coping with stress, continued from page 7

While a total of 0 percent said they never feel stressed, 34 percent of the participants said they feel stressed very often. Respondents then rated their current stress level on a scale of 1 to 5, 1 being not stressed at all and 5 being very stressed. When answering, 39 percent of respondents said they were currently somewhat stressed.

While 11 percent said they were not stressed at all, 5 percent of students reported that they were currently extremely stressed.

Stress can stem from many aspects within a person’s life. The survey asked participants to choose what was causing them the most stress from a list of: school, work, family, future, intimate relationships and finances.

Over half of the participants chose school as the leading factor of stress with a 53 percent pick rate.

The second leading cause of stress for students was the future, with a total of 25 percent of responses recorded.

When it came to what students were least stressed about, 39 percent said family and 34 percent said intimate relationships caused them the least amount of stress.

Dealing with stress can be hard, especially alone. The survey asked participants the likelihood of asking a friend or relative for help dealing with stress.

The answers were almost split down the middle, with 48 percent saying they were likely and 52 percent saying they were unlikely to ask for help.

Sometimes stress can become a problem that a professional may need to address, such as the counseling services La Roche offers on campus.

The survey asked participants if they have ever utilized any counseling or therapy services to help them deal with stress.

Over half of the participants (62 percent) said they have never used counseling or therapy services to help deal with stress.

“I find it really hard to open up to people. I’ve always been one to help others but not ask for help myself,” said a 19-year-old chemistry major.

While 11 percent of students reported that they only considered counseling or therapy, 27 percent said have used such services to help cope.

“The school has always advocated strongly for this asset,” said a senior dance major, “so I figured I would utilize it.”

People can cope with stress in all sorts of ways, some may be considered healthy and some unhealthy.

While some students may reach out to God, others may reach for vodka or a joint to help cope with stress.

Participants were then asked to disclose any and all methods from the list they have used in the past to help them cope with stress.

Methods ranged from a variety of “healthy” to “unhealthy” activities, with a total of 668 responses recorded.

Students were then asked to choose just one of the activities that they would be most likely to do currently in their lives to combat stress.

The participants must have been very stressed though because many did not read the instructions and chose more than one option.

Out of the 189 responses recorded, sleeping was the most recorded form of coping with stress in their lives now at 35 responses.

Although La Roche advocates Catholic teachings, five people said they would pray or worship to help cope with stress, being one of the least selected forms of coping.

When questioned about how often stress would lead them to using their coping mechanism, 47 percent of participants said they cope a few times a week.

Because of the variety of “healthy” and “unhealthy” coping mechanisms listed, participants were then asked if they believed their current forms of coping were socially acceptable, or if they would be comfortable telling a friend or family member about how they cope.

Of the 100 responses, 80 percent said they believed their forms of coping are socially acceptable.

A 20-year-old biology major who copes by exercising a few times a week offered scientific facts to back up her reasoning.

She said, “Exercise is good for physical health and releases endorphins that are good for mental health.”

Not everyone copes in a way that they believe is socially acceptable. A freshman film major reported that he consumes cannabis once a month to help cope with stress.

Weed has a stigma in society, though I disagree,” he said. Just because a form of coping may be deemed socially unacceptable, that doesn’t mean it can’t help.

It is assumed that a person will respond to stress in a way that will make them feel better. The survey asked students if they feel better after coping with the options of always, usually, occasionally, and no.

Over half of the responses stated that they usually feel better after performing their preferred coping mechanisms with a total of 55 percent.

Surprisingly, 8 percent of respondents said their coping mechanism does not make them feel better at all and chose the answer of no.

One such student reported that ignoring the problem was their go-to coping mechanism. “Ignoring the problem creates more stress,” said the 21-year-old health science major, yet they admitted to doing so multiple times a week.

Dealing with stress can be a roadblock in people’s lives, and 42 percent of participants admitted that they have missed or skipped class in order to deal with stress and utilize their chosen coping mechanism.

There are still some things people will not do even when experiencing stress. The survey asked participants to choose three activities they would be least inclined to do when facing stress. Not everyone chose three, some people chose more or less than the three asked.

From the 289 recorded responses, 40 people said they would not consume tobacco. The second least likely activity was gambling at 29 responses.

The survey concluded with a question asking participants to choose three activities they would recommend to a friend who was dealing with stress. Again, some people chose more or less than the three asked, giving a total of 291 responses.

The activity that most people would recommend a friend is to talk with someone, with 79 recorded responses.

The second most recommended activity at 46 responses was performing a creative hobby, such as art or music.

With the goal of understanding how the La Roche student body handles and copes with stress, it became apparent that there is no one best way for students to deal with stress.

Just as people come from all different walks of life, everyone has their preferred ways of dealing and coping with stress that work best for them as individuals.
Bosworth, continued from page 4

“If you think about the motto of La Roche, ‘to light through love,’ I think the meaning is to go after your dreams.”

-Allison Bosworth

ship for not just me, but for other students as well,” Bosworth said, explaining that she felt it was important for students to communicate with their school president.

Bosworth said another highlight of her student government presidency was improving SGA’s high-way clean-up initiative. This year, she worked out a system for cleaning a dangerous stretch of Babcock Boulevard that often went undone. She added that she was also happy to have students outside of SGA volunteer with them.

As president, Bosworth said she wanted to use her position to do as much as she could. “You have your bylaws and your ten bullet points of what you’re supposed to do, but there’s so much more you can do,” she said. “You’re given that opportunity with the position.”

One of the opportunities she saw in SGA was honing her leadership skills. She said she was motivated by the saying, “Let us all be leaders.”

Bosworth acknowledged that she’d seen many different leadership styles, but she said she wanted to be an encouraging, down-to-earth leader. “I’m trying to inspire people to believe in the cause, rather than telling them what to do and having them losing the passion for it. I wanted to be a more friendly and caring leader,” she said, adding that she was gratified to watch the SGA board form a close bond this year.

Though Bosworth said SGA gave her opportunities to improve her leadership and communication skills, her true motivation was helping her fellow students. “I do SGA because I care about the student body. I want to see La Roche do better and be better,” she said.

Even with the campus closed and students separated, Bosworth said she’s encouraged by her SGA board’s willingness to continue working over Zoom. She said, “I’m really proud of how this year went, even with this weird situation we’re in right now.”

While working with SGA was one of Bosworth’s favorite aspects of her time at La Roche, she said she was grateful for everything she did over the last four years.

A self-proclaimed introvert, Bosworth said working with SGA, serving as an orientation leader, and working as a Resident Assistant allowed her to grow as a person. She said she’s learned to go after the things she wants and be a better problem solver.

Her time at La Roche took her places she’d never imagined—literally. During her sophomore year, Hurricane Maria ravaged the Virgin Islands. Bosworth joined a group of students who dedicated their spring break to helping with reconstruction efforts in St. Croix.

“We got to help rebuild an amphitheater after it was damaged by the storms and we also got to build a playground. I look back at that and I feel a great feeling that we were able to help everyone. That was a really amazing thing,” she said.

While Bosworth took advantage of a variety of extracurricular opportunities at La Roche, she said she also appreciated her classroom experiences in the graphic design department. She said, “My relationship with all my professors is really great, because we’re a small school. It’s really great to have that one-on-one relationship with professors, knowing they’re there for you. They hold you to higher standards because they know you well.”

Bosworth said one of her favorite La Roche memories was recognizing a mentor with the SGA Outstanding Staff Award last year. She presented the award to Todd Hoffman, who runs the print center and serves as a mentor for many design students.

Assistant allowed her to grow as a leader, and working as a Resident Assistant allowed her to grow as a person. She said she’s learned to go after the things she wants and be a better problem solver.

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Bosworth said she also used her design skills to work with the spring concert over the last two years, designing all the material for the event. She said, “Being the sole designer for that entire thing was so amazing. For the spring concert, everything was real. My work directly affected sales.”

The next step for Bosworth is a graduate program at Kent State, where she’ll be able to continue pursuing her passions. “Graphic design and leadership—I’m hoping to combine both of them,” she said.

But Bosworth said she wanted to share a final message with La Roche before she moves on to her next chapter.

She said she wanted to extend her appreciation to the people who helped her throughout her time at La Roche. “Thank you to all of the professors and advisors for helping me along the way,” Bosworth said, specifically thanking SGA advisors David Day and Jeff Dalley, as well as her SGA board.

For next year’s SGA board, Bosworth encouraged them to keep chasing their goals. “I just hope that people still go after what they believe in,” she said.

Bosworth said she wanted to share a message with the La Roche community: “If you think about the motto of La Roche, ‘to light through love,’ I think the meaning is to go after your dreams. If you’re unhappy, make a change. If you’re dissatisfied with something, you have all the opportunities to voice your opinion. One of the amazing things about La Roche is everyone has a voice. At La Roche, you have that opportunity to go talk to your student government. Make your college experience as amazing as it can be. Learn everything you can while it’s available to you.”

DORMS DEVOID OF STUDENTS

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Celebrating our 25th Year
La Roche also offers one-on-one peer tutoring for those who are unable to attend the drop-in tutoring hours. Students can request these tutors for up to two hours of tutoring a week. Tutors can also schedule tutoring services for times that are convenient for them and their tutors.

Tutoring is not the only thing that students at La Roche could use in order to make their lives easier while balancing work and school.

Butch simply just needs more free time. “I think that if I had a little more free time,” Butch said, “then I could get things done and work while not being so stressed out.”

LRU students can obtain free time by doing a variety of things, such as studying or doing homework in the quiet part of the library to avoid distractions. Students seeking free time could also make a study group with kids in their classes in order to set a designated time in which to do work.

When asked whether or not she would continue to have a job, Butch said she would not continue to have a job. “I have always enjoyed keeping busy and my time at work provides me with the chance to talk to dozens more people in a day than I normally would.”

-Jenna Davis

Students who begin jobs right at the start of a big life change often experience more difficulty with the transition and balancing of school and work.

“If I had money and didn’t need a job, I would absolutely not have one. I only work so that I have enough money to pay for my bills and other expenses that my parents won’t help cover,” Butch said.

Not everyone has the same view of work, especially when you work in very different places. Unlike Butch, Davis would rather work than have some free time.

Davis said, “I would continue to stay with the bank. I have always enjoyed keeping busy and my time at work provides me with the chance to talk to dozens more people in a day than I normally would.”

When asked a similar question over whether or not she would keep her current job if she received her diploma right now, Davis continued with her job positivity.

“I would continue my current position for a while to strengthen my abilities there while still looking for a position with my degree,” Davis said.

Butch, however, would take the diploma and quit her job at the Cinemark Theater. “I really like what I am doing in my chosen field, and I think that this is the thing for me. I have definitely found the thing that I love.”
The La Roche Courier

this virus has taken a toll on me, son, what would you say to it?

Before the lockdown and quarantine, what has changed on your daily life?

What negative impact has the lockdown had on your life thus far?

I am unsure if I am really dealing with stress or if I am just hiding behind this “mask” pretending everything is fine. I just sleep my anxiety off or try to distract myself, so do I not have a mental breakdown every day.

Mental health in quarantine, continued from page 12

healthy. But, at a time like this, who can blame her? With the number of outbreak cases increasing daily, it’s obvious that someone who is immunocompromised and struggling with mental health would be experiencing effects of the global pandemic. Depression is also a factor that weighs down Allison’s motivation to get out of bed and be present.

The navy-blue haired, emerald eyed student agreed to sit down with me to discuss how this pandemic is affecting her health, and, particularly, her everyday life.

Allison’s hands remain folded on her desk during the interview, the skin under her nails is visibly irritated from her anxiously picking at it.

Her left leg bounces nervously as she prepares for the questions. I remind her that if she doesn’t want to partake in the interview, she is not obligated to.

“I believe it is important to talk about, especially during this crisis” she said, “and I want to be able to share my story.”

How has the coronavirus lockdown and quarantine been set in place, how would you describe your life?

Before the lockdown and quarantine were set in place, I would describe my life as wonderful. I have a loving, supportive family, friends, and boyfriend. Even though I am in college, there were different relationships that was difficult, I would not change anything for the world. I have a really good life.

How have lockdown and quarantine are set in place, how would you describe your life?

Now that lockdown and quarantine are set in place, I can honestly say that my life is still wonderful. I have three siblings; an older sister, a younger sister, and a younger brother. This is important to mention because we are as close as we are.

What do you think the lockdown on your school is doing better than other universities during this time? (Are they giving students special treatments, are teachers being more understanding, etc.)

This is a good question! In a way, I do believe my school is doing better than other universities. Of course, however, we were the last school to announce that we will be doing online classes for the rest of the semester because of Coronavirus, which I was unhappy about. However, the university found a way to redeem themselves by having the professors be more lenient and understanding.

Also, the university just announced that commencement for seniors is being postponed to December, which is more lenient thinking senior deserves to walk across the stage and receive their degree.

I also think it’s helpful that my school’s counselors are doing sessions through Zoom. Because of this, I am able to meet with my therapist twice a week. This has helped me a lot in terms of coping with the lockdown, and just being able to get things off my chest.

How has the lockdown affected your relationships with people (outside of your family)?

Yes, the lockdown has affected my relationships with people. I am not allowed to visit my boyfriend and his family as well as my friends. Even though I communicate with them almost every day, this pandemic makes it extremely difficult because I want to see them in person.

What do you miss most about not being on lockdown?

I miss seeing my boyfriend and his family nearly every day. I miss seeing my friends and hanging out. I miss seeing my grandparents and siblings. I miss the type of person that is affectionate and gives hugs, but this virus is making me crave hugs from the people I love and care about.

Compare your mental health now from before the lockdown and quarantine. What has changed? What has remained the same?

My mental health now compared to my mental health before the lockdown has not been different in some ways. The Coronavirus forced me to realize that I have a tendency of isolating myself and bottling up my emotions. I have realized that I have been more open to people about how I am feeling.

Before the lockdown, if something happened that hurt my feelings, I would just let it go because I did not want to hurt the other person’s feelings by confronting them.

My anxiety makes it difficult to keep my mouth shut because my mind floods with intrusive thoughts of how I am a horrible person, daughter, sibling, girlfriend, and friend. My anxiety convinces me that I am always doing something wrong, and if I do not say that I am thinking, I will go crazy because the inner thoughts do not stop. So, in terms of my mental health, the feelings and thoughts are the same as I feel as though I am a day closer to hitting rock bottom, and other days I get random bursts of energy and I feel as though I have do everything single thing on my agenda to feel accomplished.

Having a mental illness is exhausting, and it affects everything in my life, but somehow, I have made it this far, so I believe I have it under control and I know I will be okay.

Where are any challenges you have been facing now that your university is strictly doing online classes? If so, what are these?

Yes, there are challenges that I am facing now that my university is strictly online. I can honestly say I have not touched or completed more than four assignments through this pandemic began.

I have a concession, which makes it challenging to read, write, comprehend, and apply myself. I want to really put this into perspective for you. For instance, if I am reading a sentence, the words...
Bowling, continued from page 14

“When I look at the group of hardworking girls I play with, it’s not surprising. We’re all dedicated to our studies and work hard to keep our grades up. It’s definitely an honor to see all that hard work paying off.”

-Isabelle Orange

Junior Isabelle Orange said, “When I look at the group of hardworking girls I play with, it’s not surprising. We’re all dedicated to our studies and work hard to keep our grades up. It’s definitely an honor to see all that hard work paying off.”

Junior Alyssa Smith said this recognition was especially exciting since this was the team’s first season. “It was a huge accomplishment and to see us live up to the bar for next year,” she said.

Ashley Kennedy, a freshman member of the team, said she’s proud to see herself and her teammates succeed both academically and athletically. “It’s always rewarding to see my late nights and study sessions pay off by my grades,” she said. “It’s also rewarding to see practicing as much as we do pay off on the lanes.”

Smith acknowledged that juggling academics and athletics wasn’t always easy. “Our teachers work with us, as well as our coaches, to make sure we are achieving both our academic and athletic goals. It really comes down to the time you put into it, being prepared, and staying on top of things,” she said.

Orange, who also plays soccer, said being a student athlete has taught her time management. She said, “As a science major, I learned some great techniques to help me stay on top of my studies and get assignments done as soon as possible so I have time for practice. If I’m unable to do my homework, I try to make sure we are achieving both our academic and athletic goals. It really comes down to the time you put into it, being prepared, and staying on top of things,” she said.

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Does having a concussion affect your mental health in any way?

Having a concussion has made me experience more depression. It makes it harder to do things, and harder to become motivated to do simple assignments, because I just can’t completely focus.

Would you say your mental health has been negatively affected by this lockdown? If so, what could make it better?

Yes, I would say my mental health has been negatively affected by this lockdown. It made me fall into a deeper depression where I cannot sleep, but when I do, I sleep till 2 in the afternoon. I have no motivation to get out of bed, brush my teeth, or shower. I will go days without taking care of myself because I simply cannot find the energy.

During this time, what keeps you hopeful?

There are many things that make me feel better, and continue to give me hope, such as my family, friends, boyfriend, and my dogs. I can always find something to keep me going and that is what I am most thankful for. Some activities I enjoy doing, that I hope to continue practicing when life returns to normal, include drawing, painting, and cross-stitching.

Making money in quarantine, continued from page 8

then try to train some people virtually online. Even if you’re not amazing, look to tutor some little kids as they start out. Also, during quarantine, maybe look into learning an instrument with extra time on your hands.

Writing resumes – If you are good at writing resumes, and have a good one yourself, look to help some high school and college students who are trying to make one and don’t know where to start. Post your services on LinkedIn, Facebook, and other social media websites to gain business. I would just suggest if you’re going to help design a resume for a graphic/interior design or marketing student then make sure you have good graphic design skills yourself, as those professions prefer the resume to look more aesthetically pleasing.

Reduce Expenses – Cut out monthly subscriptions you don’t use anymore. If you have a gym membership, then cancel it for the time being. Look for cheaper alternatives on monthly expenses.

Sell notes – Were you a good note taker? If so, look to sell your notes to people who are eventually taking your class. This is easier to do at bigger schools because there are more people. But if you don’t want your notes anymore then sell them off for some cash.

Start a hobby – Learn to play an instrument, read more books, exercise. Do something. Don’t waste all your time during quarantine.

Once you have a schedule for yourself and learn how to time manage, it becomes easier and things flow into a routine.

Despite the challenges of balancing school and bowling, Orange said she and her teammates can rely on their coaches for support. “[They] always encourage us to study hard but enjoy our practice as a study break,” she said. “They always keep our heads high and cheer us on.”

Jones explained that she tried to help her team balance their academics with their bowling matches. She said, “When scheduling matches for the season, I try to work around the academic calendar for midterms and finals. The players need to have appropriate focus during matches as well as sufficient time for studies and homework.”

Smith added that she also found help from her teammates. “As teammates, we always try to support each other in everything we do,” she said. Jones said she often saw her teammates helping one another study while they traveled to their matches.

Orange said that the benefits of being a student athlete always outweigh the challenges. “Teams, no matter what your sport, become a second family,” she said. “Also, I love that sports keep me active.”

“‘To be No. 1 in the conference among all of the bowling teams is amazing in itself, but to be highest in the AMCC for all sports is truly a testament to the dedication of each of the ladies to their education.’”

-Diane Jones
LRU Programs, continued from page 10

they receive a bachelor’s degree for all of their hard work. Radiologic Technology is another major at LRU that requires lots of hard work. The program has been around since 2013 and has a one-hundred percent job placement rate.

Students who choose this field receive clinical rotations in Pittsburgh’s very own Ohio Valley Hospital. Through this, students will learn how to correctly perform radiology examinations and protection measures as well as examine the results.

This program is different from other ones offered at La Roche because students have to complete it within two years. Those in this program take classes both on campus and at the hospital during the fall, spring, and summer sessions. Once degree hopefuls complete the program, they can be employed in clinics, hospitals, imaging centers, physician’s offices, and more.

Did you know that gaming is a minor at La Roche? It prepares for a variety of potential job fields, including producing, writing, managing, and promoting.

This program requires eighteen credits in areas including a narrative component and perspectives. It also has classes including Introduction to Psychology, Human Communications, World Mythology, and Games, Culture and Society.

For more information on these and the other programs offered at La Roche University, visit the Areas of Study guide at https://www.laroche.edu/Academics/Areas_of_Study/.

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Jackson, continued from page 11

And now, while the world hides inside behind closed doors, the first responder is out every day, making sure that the people are receiving the help and care that they need.

Fortunately, no, we were pretty stocked up before the madness began. We are also able to skip the line at some stores like Costco, so if we are low on anything, we can get in early and grab what we need.

Do you personally know anyone who has tested positive for COVID-19?

Yes, my chief’s mother has it and it’s not looking too good for her. There are also some first responders from other stations who have tested positive as well. This is a serious illness and it should not be taken lightly.

Since you are a first responder, and you are on the front lines, has the community reached out and offered any service or made any donations?

Yes, we had a citizen randomly order the whole station pizza last week. We have also had multiple local restaurants delivering food for us. We are extremely grateful for all the support we have here in the community.

When you’re not at the station, what are you doing to help relieve some of the stress you are faced with from working? Whenever I’m not working, I like to spend my time outside for some fresh air. I usually try to go biking for at least 30 miles. It really helps me to take my mind off the craziness that seems to be our new normal.

Have you been distancing yourself from friends and family members since you have been exposed to the illness?

Yes, most definitely. I have resorted to virtual hangouts and video calls with friends and family. It’s hard to get used to at first.

What is the first thing you are going to do once this pandemic is over with?

I’m going to go to the gym, I hate working out at home.
Riccardi, continued from page 11

“I feel bad for my seniors because they were excited to tell me about their future plans. Now, I feel as though they are in limbo and are worried about whether or not they will graduate. It has really changed my relationship with them.”

-Stephanie Riccardi

Mentality
You have been in your home for three weeks while only going out when you need to. Could you explain your mindset while being stuck in the house and whether or not you believe it is different from your normal mindset?

It is very different from my normal mindset. I would say that being a teacher and having that constant demand on me every day, my mindset was always ‘What do I need to get this done?’ I know that I have to be home for the safety of my family and myself, and I am fine with not going anywhere. Is it hard? Yes. I miss going to stores and interacting with people.

Studies show that creating a schedule and sticking to it is good for you during this time. Could you walk me through your current schedule?

100 percent agree with that. During the first week, I felt like I was in some kind of turmoil and I couldn’t get myself to go to sleep or stick to a schedule. I was working ten to eleven hours to get my schoolwork done because we were switching from face-to-face classes. It was very hard.

As the mother of two children in college, could you describe what was going through your head while both of them were at school and the virus was approaching?

I was wondering what their schools were doing to keep them safe and how this was going to play out. My son was at Slippery Rock during Spring Break, same as my daughter at La Roche. She was home, but he was there working, and things were progressing differently in Butler County. I had faith that the schools would make the right choices and do the right thing to protect my kids. I am very impressed by the schools.

Will you please describe your experiences moving your daughter out of her college dorm?

Moving somebody in or out of their dorm is always a sad moment to a parent. You are anxious for them. This time, I felt really sad about it because I felt like she did not have any closure or was able to say goodbye to her friends. I was worried the whole time about running into people, because of social distancing, and if it was safe to go on the eleva-
tor. Everything was very quiet and almost eerie. There were only a few cars there at the time that we went.

Riccardi became a teacher twenty-two years ago, but a virus ruined her ability to teach her students.

Celebrating our 25th Year

one still has the ‘mom I need’ questions. So that is hard. My husband works for home too, and when it is time for him to work, he goes up to the third floor and I know it is not too bother him because he is working. But everyone thinks, ‘Mom is a teacher. People interrupt her, so let’s bother her.’ But we have a schedule now. I wake up first and when everyone else wakes up, I take a little break to grab something to eat with them. It has taken some adjustment, but it is working out well.

As a middle and high school teacher, how do you feel the virus has impacted your ability to teach your students?

It has greatly impacted them. They are suffering so much with their inability to use technology. I have had to make phone calls to reassure them that I will not be taking points off for technology issues and that sending a picture of the work they have done to show that they are unable to upload it. I feel bad for my seniors because they were excited to tell me about their future plans. Now, I feel as though they are in limbo and are worried about whether or not they will graduate. It has really changed my relationship with them.

Governor Wolf announced that he closed all K-12 schools in Pennsylvania until further notice. What were you feeling when you announced that you would not be returning to school for some time?

I was speechless, relieved, and shocked at the same time. I was relieved because I was afraid for them to go back to school. They have no spatial relations at all. I was in shock because I felt like, ‘Why didn’t we just make that decision before?’ It’s nobody’s fault, but it would have been better if there was a clearer plan earlier on. Everything that is happening is confusing the kids because they do not understand why they have to do work when they are not going back to school. Immediately, I was thinking, ‘What does this mean for me? Do I need to stop teaching?’ I started thinking that I would have to teach school in the summertime.

Do you have anything else that you would like to add?

I would like to say that as a special education teacher, my students have an assignment that explains that they are a part of history. Their assignment is to tell me how they are dealing with being a piece of this difficult history. But I am very glad that our governor is making decisions in a much better way than other governors. Will this end? I do not know. Virginia is saying it will be over by June 10. I was thinking June 1, but we will have to see what happens. Maybe we won’t go back to school in the fall. We may have to continue with Google classroom and online college classes. I just want everyone to be safe.

Earned a master’s degree and a certificate for teaching grades seven to 12 social studies. Her teaching ca-
ter began in 1998 with a teaching assistant job at North Hills High School. She has two children in their late teens and early twenties who attend college, and a husband who works as a call center supervisor.

This is a stressful time for Ric-
cardi, a 51-year-old whose brown eyes twinkled when the interviewer asked her if she was ready to begin. Riccardi answered questions on how the virus affects the City of Pittsburgh and her life with a focus on shopping, family, teaching, and her mentality.

Shopping
You went to several grocery stores before the virus officially hit Allegheny County. Could you describe what you saw and experienced at these stores?

The first store that we went to was Target, and in Target, I experienced people who were very casual, buying their pads and shampoo, showers, and everyday essentials.

Then there were people like me who were buying things for several weeks because we were not sure what was going on. I saw sev-

eral things that were missing in shelves, like bottled water. People cleared out the pasta aisle. I felt bad for the pastas that shoppers left behind because I felt like they were the rejects. There were canned goods missing, and I have never seen the Campbell’s Soup section without any soup. It was very bizarre. Giant Eagle was interesting. People were shopping like they would normally shop. They were well stocked and products and limited toilet paper.

Panic is spreading and there is a rise in toilet paper sales. This spread panic resulting in stores and their suppliers being unable to stock their toilet paper efficiently. Could you explain how this toilet paper panic is affecting you?

Prior to March 12, I actually went to seven stores before the virus officially hit Allegheny County. The first store that we went to was Target, and in Target, I experienced people who were very casual, buying their pads and shampoo, showers, and everyday essentials.

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Dr. Michelle Maher, an English professor, said she never imagined she’d have to teach online. “I’d already used Canvas for years to post class materials and to keep an electronic grade book, but I’d never taught online before, or intended to,” she said, describing her transition to online teaching as “a process of nausée, anxiety, and dread.”

Even once they organized material online, professors admitted that online courses are lacking some key aspects of the college experience. History and political science professor Dr. Joshua Forrest said he can’t replicate in-person classroom interaction on a computer. “I—and many of my students—perceive a loss of the texture of the classroom, the sense of shared space in which instructor-student interactions can be immediate and direct,” he said. “Despite the many ways that engagement can be fostered in Canvas and Zoom, being together in the same physical classroom provides a shared experience that cannot be matched in virtual classrooms or in communicating on Canvas or by email.”

Dr. Richard Grimes, a history professor, added that it’s harder to assess how his students are engaging with material presented remotely. Grimes said: “It has been difficult for me to gauge whether my lessons are getting across online. In the classroom, I can quickly evaluate whether my main points are hitting the target—if not, I can emphasize the points. Online courses take you out of that element of knowing. The only way you can see if students are grasping your course objectives is through viewing the quality of their submissions of assignments and exams. That puts more pressure on students.”

Bayer also said it’s harder to teach without direct student interaction. “My favorite part of teaching is interacting with students—having conversations and getting to know them—learning from them, laughing with them, and gauging the success of my teaching by their responses and questions,” she said. “It has been so difficult to teach without that daily interaction. My computer never even smiles at me.”

The transition to online courses challenged students, too. Senior Danielle DiNatale, a journalism and professional writing major, said it’s hard for her to work without close contact with professors. “The most challenging part of moving online is balancing all the work,” she said. “It’s also more difficult to ask questions when something isn’t working and you don’t have your professor right there to show them what is going on.”

Junior Riley Polacek said she’s also struggling to work from home. “My whole family is home a lot, so it makes it hard to find quiet time to focus,” she said. But Polacek said her professors are accommodating student concerns well. “All of my professors are very understanding. They have extended deadlines, extended extra help, extended test taking times,” she said.

And students still have support from other campus resources. Taylor Snyder, coordinator of tutoring and student support, said her office is still available to help students. According to Snyder, subject tutoring is available online. “I encouraged tutors to be creative when addressing issues,” she explained. “My goals are to support students now and to use this experience to build a stronger tutoring platform for the LRU community.”

Snyder said she’s also providing tips to help students stay organized with online material. “I emailed each student who registered for tutoring and provided instructions to organize their LRU Gmail,” she said, adding that she’s reaching out to students individually to connect them with additional resources.

In addition to subject tutoring and online Writing Center resources, students can request a tutor to help with basic organizational techniques. “Tutoring services have now expanded to general organizational help as well,” Snyder said. “Many students are feeling overwhelmed, so I have trained two tutors to assist with organizing final exams and assignments.”

For resident students who have had to move out for the remainder of the semester, Director of Housing and Residence Life Ashley Testa said she’s trying to support them remotely. “The Residence Life Division has continued to support resident students during this difficult time by providing consistent email updates on any changes or new information about COVID-19, and by responding to calls, emails, and questions in a timely manner,” she said.

Testa added that her office will have weekly office hours over Zoom beginning on May 4 to support any changes or new information about COVID-19. “We still have donations coming in for our student emergency fund and our Providence Food Pantry—both of which have seen an increase in demand over the past two months,” she said, adding that she was also pleased to see student organizations, including the Student Government Association, were meeting online to stay in touch and plan for the future.

But, the true silver lining is that we’ve been given an important reminder about why we chose this profession and this university: we love being with our students in the classroom. It’s what fulfills us and keeps us young; it’s what motivates us and brings us joy; it’s what many of us miss so much right now that it actually hurts.”
Environment, continued from page 19

One particularly valuable re- source is fish. Not everyone consumes it, but it is a popular food and it has been harried greatly by pollution and other factors. Now, unethical fishing techniques are putting greater strain on fish populations. An easy way to support efforts to conserve the world’s fish population is to simply buy American-caught fish. This supports the American economy by providing jobs for fishermen, dockworkers, truckers, and countless other people. It also ensures that the fish is harvested sustainably. The United States government regulates commercial fishing so that all fish harvested are from healthy populations.

The extra time granted by social distancing is an opportunity. It can be used for frivolous things or it can be used to make a difference. The planet is under strain already. Lightening the burden is worth an afternoon of time.

Open Forum, continued from page 3

its from 16 to 18, meaning that LRX actually allows you to take more credits for the same amount of money,” she said.

Director of Student Activities Natasha Florence asked if La Roche would consider scheduling a common hour. She suggested a common hour with no scheduled classes would make it easier to schedule activities and sports practices.

Sister Candace said it wasn’t feasible at this time, adding that implementing a common hour might cause scheduling problems that would lead to later evening classes and more classes on Fridays.

A senior accounting major expressed concerns about the price of textbooks.

Sister Candace encouraged students to reach out to help with these expenses if they need it. “We do have a book fund. We also have textbooks on reserve in the library for students to check out for two hours at a time. There’s also an emergency fund,” Sister Candace said.

Senior Mara Baronick suggested implementing a system in which students could donate used books to the library or other students. Sister Candace encouraged SGA to explore those possibilities.

Tashai Thompson, director of resident affairs, asked whether student feedback was considered when evaluating faculty performance.

The answer, according to Sister Candace, is yes. “Feedback is how you change, how you update them,” she said. “That kind of assessment is important. It’s taken very seriously, so please give us your input.”

Several students also voiced concerns about certain majors re- solving around outdated curricu- lums.

“Perhaps we need to do some assessments of some of the majors,” Sister Candace said. “One way we can get at that is to survey our students about content and about the ability to get an intern- ship.”

Tuition

Judicial Vice President Gracie Kann asked Sister Candace to explain the healthcare options for students.

Sister Candace explained that all students must have health insur- ance, but they do not have to use the student insurance option if they have health insurance through their families.

She added that the student sup- port fee included in tuition covers the cost of Urgent Care services.

Public Safety can drive students there free of charge—even if they’re required to purchase student health insurance through La Roche.

Rosworth asked about La Roche’s efforts to avoid raising tuition.

“We do our best. We look at our peers and we’re talking about preserving position ourselves in the bottom quarter. We think affordability is important,” Sister Candace said, adding that La Roche students graduate with the lowest average debt in Allegheny county.

Student Life

Christian Mukangila, SGA’s director of international and mul- ticultural affairs, said he felt Redhawk needed healthier food options.

Sister Candace encouraged him to take his suggestions to Sage’s monthly food council meetings. “I think they’re open to discussion,” she said,“if students want.”

Riley Polacek brought up a common student concern—Wi-Fi issues in residence halls.

Sister Candace acknowledged the Wi-Fi troubles. “Technically, students shouldn’t have routers. But when they don’t have routers, they struggle,” she said, suggesting students reach out to the stu- dent help desk for technical sup- port.

SGA Vice President Lauren Ranalli asked if students could have 24/7 access to the main aca- demic building and access through the courtyard on week- ends.

Sister Candace said she was working with Colleen Ruefel, vice president for student life, to ac- commodate that request.

Kann mentioned concerns about dining hall hours on week- ends, when hours are limited and Redhawk is closed. She said this poses particular challenges for students whose work schedules conflict with dining hall hours.

Sister Candace said, “I think we should be able to, on an indi- vidual basis, figure out how to accommodate work schedules so [students] can eat. You pay for it.”

Residence Life

The first concern students ex- pressed about Residence Life was about maintenance and work or- ders. Students said they are con- cerned about maintenance enter- ing their rooms at unpredictable and inconvenient times. Other students shared their experiences of maintenance entering their rooms when they were showering or when they were still asleep ear- ly in the morning.

Rosworth suggested that maintenance could have a system where they give the students a window of time where they will be coming, like cable companies do, so the students can prepare for them.

Sister Candace supported this idea. She said, “I think those types of things should sound like a communication thing.” She added that the idea of maintenance texting before they arrive was definitely doable.

Amilien Francis, SGA’s direc- tor of clubs and organizations, told Sister Candace about an experience he had where there was an issue with the toilets in his room over a weekend and maintenance did not fix the issue until Monday.

Sister Candace said she was surprised and explained that there is someone on call all through the weekend who should be respond- ing to calls, especially when people are considered an emergency like toilets and water issues.

Sister Candace said that she will be looking into this and that the future maintenance will respond to weekend calls.

Florence asked the next ques- tion about Residence Life. She said there has been a lot of interest in having 21+ housing on campus. This was discussed in length, but Sister Candace’s de- finitive answer was no.

In the past there has been 21+ housing, but according to Sister Candace, it created a lot of prob- lems. There has not been any consideration in bringing back to allowing people over 21 to drink on campus.

Sister Candace said allowing dedicated housing for people over the age of 21 on campus created many issues. First, it was hard to enforce alcohol rules. It was too common for students over the age of 21 to host parties, but allow people underage to come in and drink.

There were also a lot of issues with vandalism in the dorms where drinking was allowed. While this would most likely be less of an issue with the abun- dance of security cameras we have now, it is still a concern for Sister Candace.

There were two points brought up by students to contest Sister Candace’s decision. First, Florence suggested that it would be a draw for potential students, especially considering some of the programs that are popular with students of an older age.

Thompson also brought up the fact that drinking would not be the only attractive thing about hav- ing 21+ housing. She explained that it is sometimes uncomfortable for older students when they have to room with people who are 18 or 19, and housing that was reserved for older students would remedy this.

Sister Candace agreed with these ideas and said that she would be willing to discuss it with Residence Life staff. She also suggested the opportunity for students to live at The Place, just across the road on Babcock Boulevard, Terrace Place is an intergenerational living space, and La Roche students have the opportunity to apply to live there for free if they do six hours of service for the people who live there.

The last question asked about Residence Life pertained to the heating in Bold Hall. Francis brought up that it is sometimes un- comfortable for students; especially for those from warmer places in the world. He asked if there was any consideration of changing it to the kinds of heating systems they have in other dorms where students can control the thermostat.

Bold Hall works on an “on or off” system. In the winter, the heat is on. In the summer, the air condi- tioning is on. There is no in between.

Sister Candace recognized that there may be issues with this for some students, but it cannot be changed.

Commuting

There was only one question asked about commuting, but it was discussed at length. Nathan Polacek expressed concern to Sister Candace about the concern that commuters have about the lack of quiet space at La Roche for studying. There have been complaints that the rules in the quiet spaces in the library are not always enforced.

Sister Candace suggested that if people are having problems in the library, the first thing to do is tell the person working at the circula- tion desk. Sister Candace said they will be more than happy to speak to the students who are being disruptive because the quiet rules should always be enforced.

She also suggested some other places that might work for students who need absolute quiet for study- ing. One place is the Fisher Room in the library. If it is not being used, students are welcome to use it for quiet study. She also suggested that some places in the chapel might be used if students are absolutely qui- et. But these places should be used with the utmost respect.

This conversation brought Sister Candace to bring up the new cam-
pus master plan. With this plan, Sister Candace said the library will be completely redone from “a re-
pository of books to a learning commons.”

With this plan, the library will gain more silent study places. In addition, Student Academic Sup-
port Services will be relocated to the library. There will also be three new classrooms put in.

Diversity and Inclusion

The first concern about diversity at La Roche, from Francis, was whether or not there has been any
efforts being made to make our faculty and staff reflect our student population.

Sister Candace responded that, yes, there are many. La Roche has hired multiple companies to aid in
their search for new hires of people of different gender and race.

“We do have a commitment to making our faculty and staff more like our student body,” Sister Can-
dace said, “and we have a lot of work to do on that.”

She recognized the importance of that for our students, not just in the faculty and the staff, but
also on the board of trustees. She said, “Diversity is an asset here at La Roche.”

Sister Candace assured the au-
dience that La Roche is making
every effort to expand the diversi-
ty here on campus, but recog-
nized there is a lot of work to do.
She also said that they are making
efforts to educate current faculty
and staff on how to be more in-
clusive.

The next question, also from
Francis, was about whether there
are storage options for students
over the summer.

Thompson explained that
there is actually a service that La
Roche is working with right now
that would allow students to store
their belongings over the summer
for a low fee.

Francis suggested that La
Roche should build their own
storage unit on campus and Sister
Candace said that she would sug-
gest it to the vice presidents.

Athletics and Intramurals

Ranalli brought up the student
desire for the Kerr Fitness Center
to be open for 24 hours a day.
This would allow students to
swipe in at any time and would
help club sports since their prac-
tice hours are so limited.

Sister Candace said she was
open to the idea, but worried
about the students’ safety. She
said if it were to happen, then
someone would have to be on
staff to supervise at all times.

There are also concerns about
people who are not students us-
ing the Kerr Fitness Center.
There are alumni who use the
gym, as well as people from the
community. Students expressed
concern about this because it
sometimes is uncomfortable to
be in the gym with people they
do not know.

Sister Candace explained that
we cannot close the gym to alum-

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LONELY LIBRARY DURING LOCKDOWN

Congratulations to Ed Stankowski on 20 years as Courier advisor!
The Courier staff thanks you for sharing your time, support, and wisdom with us.

Celebrating our 25th Year